

# SHAKESPEARE'S WAY CHALLENGE WALK WELCOME PACK & GUIDE

INCLUDING NUTRITION,  
CLOTHING/EQUIPMENT  
AND TRAINING PLANS

**SUNDAY 12TH MAY 2024**

25 OR 13 MILES ALONG SHAKESPEARE'S WAY



**FOLLOW IN  
SHAKESPEARE'S FOOTSTEPS**

RAISING FUNDS FOR THE SHAKESPEARE HOSPICE

# WELCOME



Welcome to The Shakespeare Hospice Shakespeare's Way Challenge Walk. Whether you have already registered or need a little more time to prepare, we hope this guide will help you.

We want you to feel comfortable and enjoy our walk and when you do reach that finish in Stratford-upon-Avon, celebrate and feel great about what you have achieved. We are here to support you throughout your journey from training and nutrition to equipment and fundraising... nobody is left behind!

## About The Shakespeare Hospice

We are an award-winning Hospice providing outstanding palliative and end-of-life care for our patients, their families and carers across South Warwickshire.

We offer a diverse range of community-based services including Hospice at Home & Day Hospice (Adult Community Care), Adult Counselling, Children's and Family Support and Transitional Care Services. Our expert care is available not just to our patients but also their families, loved ones and those who matter the most to them.

## Thank You

We would like to take this opportunity to thank you for joining us on this challenge walk and for pledging to raise funds for The Shakespeare Hospice.

By choosing to fundraise for The Shakespeare Hospice, you are helping us to continue to support over a 1,000 patients and their families in your community each year.

Here's how your fundraising could make a difference to those in our care

**£63 - could help fund the cost for a patient, carer, or loved one to receive a 1:1 counselling session.**

**£660 - could help fund a one-hour weekly support session for 12 weeks for a child experiencing a bereavement**

**£1,456 - could help fund our Hospice at Home service for one day**

## ABOUT US

## SERVICES

## MAKE A DIFFERENCE





# FAQS

## COST

### How much will it cost:

Registration is £25 for 25 miles and £20 for 13 miles plus pledge to raise a minimum of £200.00

### How do I create a fundraising page:

Using a fundraising platform such as JustGiving is a great way to help you raise funds. You can personalise your own page and share with your family and friends.

### What's included:

- Free coach transportation to the start of the walks from central Stratford-upon-Avon
- Full backup support and walk leaders with you all the way
- Support vehicle with basic First Aid Kit on standby
- Refuelling stations
- Training and event advice including training walk plan guide

### What's excluded:

- Your own outdoor clothing, walking boots/shoes, day rucksack.
- Lunch, snacks, high energy bars, energy drinks etc

### What time will it start and how long will it take:

The coach is likely to leave from 7am for the 25 mile distance and 11am for the 13 mile distance (Times will be confirmed in your pre-event pack)

Depending on the group pace, the 25 mile walk will take between 7-9 hours and the 13 mile between 4-5 hours. However, this does very much depend on the varying abilities and walking speed of those taking part.

### Where and when do we have lunch:

Participants will bring their own lunch and this will be taken at a suitable spot along the route decided by the walk leader. A sit mat is recommended for comfort.

### Are dogs welcome?

Four legged friends are allowed on the walk but must be kept under control (on a lead) at all times. Please remember your poo bags and bring water and any food required for your dog. The Shakespeare Hospice will accept no responsibility for any dogs and have the right to ask you to leave the walk for misbehaviour (this includes owners!)

**Please note:** There is no provision at this time for toilets along the route (there are some pubs along the way). The walk takes place mostly in the countryside.

## FUNDRAISING

## WHAT IS INCLUDED

## WHAT IS EXCLUDED

## START AND FINISH TIMES

## LUNCH

## FOUR LEGGED FRIENDS





# STAYING HEALTHY

## LIQUIDS

### Liquids

Keeping well hydrated is extremely important, becoming dehydrated can affect your performance especially on long walks. Drink plenty of water or sports drinks during training and the event itself and drink little and often. Don't wait until you feel thirsty.

### Food

In order for your body to perform at its best, it is important to fuel your body with the right foods. A healthy and balanced diet will help you prepare for the challenge and taking on board carbohydrates (especially those that release energy slowly) before training and the event are an important source of energy.

This will help to provide the stamina and strength needed to successfully complete training walks as well as the event itself.

It is important to fuel during the event, you should aim to bring a supply of food that will keep you energised. For example, dried fruit, bananas, cereal or energy bars and most importantly, don't forget your lunch!

If your body runs out of fuel, you may begin to have symptoms of low blood sugar such as disorientation, headache, weakness or loss of body control. If you begin to notice any of these symptoms while training, it is important to stop exercising, sit down, and start eating and drinking immediately. If symptoms persist, see your doctor.

### Foot and blister care

Blisters can very often be a problem when walking long distances, we advise you to wear the same footwear (preferable a sturdy pair of walking shoes or boots) on your training sessions as you will be wearing for the challenge event. Building up your training slowly will hopefully harden your feet up.

If you start to feel a blister forming, Vaseline can be a great lubricant. Rub it between your toes or anywhere on your feet you are prone to rubbing to reduce any friction. Alternatively, blister plasters are a great solution and you can put them on and leave them on for a few days.

## FOOD

## FOOT AND BLISTER CARE





# CLOTHING & KIT



It's important to be prepared for all weather conditions, the list below is a basic guide to some essential clothing and kit to help you feel comfortable and enjoy your challenge walk.

## Clothing

The correct clothing will help make your walk more comfortable, poor planning or bad weather without the right equipment could ruin a challenge. Things like waterproofs will help protect you against the elements and avoid materials like denim which can be uncomfortable and take a long time to dry if they get wet.

- Waterproof Outer (keep in your rucksack until needed, don't leave home without it)
- Insulating Midlayer (Fleeces, softshell jackets, down jackets)
- Breathable Baselayer (Look for technical materials, avoid cotton t-shirts)
- Leg wear (Quick drying trousers with a good range of movement, avoid denim)
- Waterproof over trousers (A great option for over your walking trousers in a downpour)
- Hats & Gloves
- Rucksack/Daypack (Well fitted, adjusted correctly and comfortable)
- Sunglasses

## Footwear

A good pair of lightweight walking shoes or boots with grip (boots offer better ankle support)

Breathable walking socks (bring a spare pair)

## Equipment for your rucksack (and items you may want to bring)

- Some of the clothing and footwear above
- Suncream
- Small personal First Aid Kit containing plasters, blister relief, insect repellent etc
- Emergency whistle (attached to the outside of your pack)
- Water for hydration
- High energy snacks
- Sitmat
- Emergency contact details
- Walking poles
- Gaiters

Your pre-event guide including the itinerary, getting to the start and useful information will be sent out no later than 4 weeks before the event.

CLOTHING

WATERPROOFS

FOOTWEAR

RUCKSACK

EQUIPMENT





# TRAINING TIPS

## 12 Weeks walking training programme

Taking on our Shakespeare's Way Challenge Walk is no ordinary stroll and a short training plan can help in the build up to the challenge walk event. The more you train the less likely you are to experience pain or injuries during and after the event.

Even if you already do non-walking exercises or feel physically fit, walking uses a very different set of muscles and these should be built up ready for any challenge walk. It is always better preparation to work your way up gradually, increasing your activity each week and giving your body time to recover between walks. On the day, we will aim to walk at least 2.5 mph but as you progress during your training, aim to build it up to 3 mph.

The training information and attached plans are meant to be used as a guideline. Before you begin any training plan, you may want to consult with your doctor.

These plans are for walkers who can comfortably walk for 30 minutes, you will increase your walks weekly. On your non walking days, you may want to cross train, biking swimming or elliptical will all help improve your strength and stamina. Always leave at least one day for REST!

In order to be fully prepared, it is also important to train outside, on a variety of surfaces (pavement, grass, etc.) using the shoes and equipment that you will use for the event.

Finding time to carry out your training is not always easy, try fitting it into your normal everyday routine (especially the shorter walks). Walk to work, the shops, your friend's house and at the weekends walk your longer training walks.

The weather can be very unpredictable. It's a good idea to brave the elements on your training but don't forget your weatherproof clothing and plenty of layers to keep you warm and dry.

Our Shakespeare's Way Challenge Walk will go ahead whatever the weather... Be prepared!

Details will be provided in your pre-event guide about contact following cancellation in the unlikely event, we can not host the walk due to severe weather conditions.

## TRAINING PLAN

## CROSS TRAIN

## PROGRESS

## WEATHER CONDITIONS





# TRAINING PLAN

## 25 Miles

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST DAY	EASY -MEDIUM PACE WALK	REST OR X-TRAIN	INTERVAL & HILL TRAINING	BRISK PACE WALK	REST DAY	LONG WALK
1	REST	1 HOUR	REST OR TRY SOME OF THE EXERCISES BELOW	4 miles - 1 slow, 2 brisk, 1 slow	1 HOUR	REST	6 MILES
2	REST	1 - 1.5 HOURS		6 miles, steady, hilly	1 HOUR	REST	8 MILES
3	REST	1 - 1.5 HOURS	CYCLE RIDE	4 miles with at least 8 brisk bursts	1.5 HOURS	REST	10 MILES
4	REST	1 - 2 HOURS		5 miles - 1 slow, 3 brisk, 1 slow	2 HOURS	REST	12 MILES
5	REST	1 HOUR	ELLIPTICAL TRAINER	6 miles, steady, hilly	2.5 HOURS	REST	14 MILES
6	REST	1.5 - 2 HOURS		7 miles with at least 10 brisk bursts	2 HOURS	REST	16 MILES
7	REST	2 HOURS	TRY YOGA	6 miles - 1 slow, 4 brisk, 1 slow	2 HOURS	REST	18 MILES
8	REST	2 - 2.5 HOURS		7 miles, steady, hilly	2.5 HOURS	REST	14 MILES
9	REST	2.5 HOURS	GO FOR A SWIM	6 miles with at least 8 brisk bursts	3 HOURS	REST	20 MILES
10	REST	2 HOURS		6 miles, steady, hilly	2.5 HOURS	REST	17 MILES
11	REST	1 HOUR	STRETCHES	4 miles with at least 8 brisk bursts	2 HOURS	REST	10 MILES
12	REST	1 HOUR		3 miles - 1 slow, 1 brisk, 1 slow	1 HOUR	REST	Your 25 Mile Challenge



# TRAINING PLAN

## 13 Miles

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	REST DAY	EASY -MEDIUM PACE WALK	REST OR X-TRAIN	INTERVAL & HILL TRAINING	BRISK PACE WALK	REST DAY	LONG WALK
1	REST	20 - 30 MINUTES	REST OR TRY SOME OF THE EXERCISES BELOW	3 miles - 1 slow, 1 brisk, 1 slow	40 MINUTES	REST	3 MILES
2	REST	40 MINUTES		3 miles, steady, hilly	40 MINUTES	REST	4 MILES
3	REST	1.5 HOUR	CYCLE RIDE	3 miles with at least 8 brisk bursts	60 MINUTES	REST	5 MILES
4	REST	1 HOURS		3 miles - 1 slow, 1 brisk, 1 slow	60 MINUTES	REST	6 MILES
5	REST	45 MINUTES	ELLIPTICAL TRAINER	3 miles, steady, hilly	40 MINUTES	REST	7 MILES
6	REST	1 HOUR		4 miles with at least 10 brisk bursts	90 MINUTES	REST	7 MILES
7	REST	1.5 - 2 HOURS	TRY YOGA	4 miles - 1 slow, 4 brisk, 1 slow	60 MINUTES	REST	8 MILES
8	REST	1 HOUR		5 miles, steady, hilly	60 MINUTES	REST	7 MILES
9	REST	2 - 2.5 HOURS	GO FOR A SWIM	5 miles with at least 8 brisk bursts	90 MINUTES	REST	9 MILES
10	REST	2 HOURS		6 miles - 2 slow, 2 brisk, 2 slow	90 MINUTES	REST	10 MILES
11	REST	1 HOUR	STRETCHES	2 miles, steady, hilly	30 MINUTES	REST	5 MILES
12	REST	1 HOUR		2 miles, easy	30 MINUTES	REST	Your 13 Mile Challenge





# THE COUNTRYSIDE CODE

## Respect, Protect, Enjoy

### Respect other people

Consider the local community and other people enjoying the outdoors  
Leave gates and property as you find them

### Consider the environment

Leave no trace of your visit and take your litter home  
Keep dogs under effective control

### Enjoy the outdoors

Plan ahead and be prepared  
Follow advice and local signs

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