



ANDREW'S TOP TIPS FOR LONG-DISTANCE WALKS

1 BEFORE THE WALK

- Get fit - the best training for walking is walking! If you're building up to a big distance for the first time, start your preparation several weeks before.
- Break in your shoes or boots well before the event and buy decent cushioned socks to avoid blisters.
- Get used to the clothing you'll be walking in, especially shorts! You don't want to find that something rubs on the day.
- Clip your toenails short. Lots of long-distance walkers lose toenails if they are too long.
- If you are aiming for a long-distance walk, plan for blisters! I find that dusting my feet with talc and taping up known 'hot spots' ahead of a long walk works for me.

2 DURING THE WALK

- Know your route and walk at a natural pace.
- Pack a waterproof jacket, just in case. Also think about a hat and sun-cream.
- Pack a water bottle and keep on drinking all the time – don't let yourself get thirsty.
- Eat regularly in small quantities to keep your energy levels up.

3 AFTER THE WALK

- Always stretch and cool down after a long walk, check your hydration and eat!