



BECAUSE EVERY STATISTIC IS SOMEONE'S BEST FRIEND
ARE YOU IN IT TO END IT?



AVON WALK FOR BREAST CANCER

Hill Training Preparation

The Santa Ynez Mountains and the Pacific Ocean provide a beautiful and dramatic backdrop for this year's Santa Barbara Avon Walk. As you prepare for this amazing scenery, you should also prepare to walk hills. We want you to be physically ready for this amazing weekend, so here you will find some helpful tips.

Getting Started with Hill Training:

- Start slow and build gradually. On your next training walk, be sure to incorporate a hill. Add one additional hill to your training walk each week.

Helpful Tips:

- To reduce the possibility of injury during hill training, please stretch before and during your training walk. Also make sure to drink plenty of water before, during and after your training walk to keep your body hydrated.
- Walk on a flat surface first to warm up your body. Spend 5 to 10 minutes walking at a moderate pace. This should raise your core body temperature and gradually increase your heart rate.
- Walking on hills will naturally raise your heart rate, breathing and exertion level. Keep your exertion at an intensity level where you are still able to comfortably carry on a conversation.
- The key to walking hills properly is to keep your energy level consistent, which translates into a slower pace as you walk uphill. This will help to keep your breathing consistent while maintaining your energy.

Good Posture and Form While on a Hill:

- Take short steps and try and stay on your toes, planting each step with the ball of your feet and never on your heels.
- When walking uphill, your back should be straight. You may lean in very slightly from the hips, but make sure you're not too hunched over.
- Concentrate on swinging your arms lower and shorter. By keeping your arm swing lower and quicker, your legs will stay lower to the ground -- resulting in a short, quick stride.
- When walking downhill, you will want to lean slightly forward. The tendency to lean back (or try to brake yourself) when walking downhill puts too much pressure on your lower back. *Think of your body going with the pull of gravity.*

Cross-Training - Why It's Helpful:

- Cross-training means doing any 'non-walking' activity such as core training, strength training, yoga, Pilates, swimming, or cycling. Cross-training is a great way to strengthen and prepare additional muscle groups while helping to prevent injury.

Maintaining Your Walk Pace:

- A good pace is 3.2 MPH, but remember that hilly terrain may slow your pace. Listen to your body and take the hills at a pace that is comfortable for you. If you find that you're falling behind because your pace is slowing, you can always take a sweep van to the next Rest Stop to give you the little boost you need to get back on track!