

5KM FOR 5 DAY CHALLENGE

QUICK START GUIDE



Welcome to the FREE challenge where our goal is to walk 5km a day for 5 days which will help you prepare for your first hiking adventure, even if you don't know where to start.

Things to know and Frequently asked questions

THE DATES

The first day of the challenge is Monday May 17th and goes for 5 days, finishing on Friday 21st May. The goal is to walk or hike 5km for each of the 5 consecutive days.

WHERE DO I DO IT?

You can participate in the challenge wherever you live. Where you hike or walk is up to you. Maybe it is your suburb and you walk on the footpath or you choose a trail in the bush or a walk in the park. If walking in the suburbs, try walking on the grass alongside the footpath – it is softer on the feet and kinder on the joints

SAFETY IS IMPORTANT

Safety is important and we encourage you to walk in daylight if possible PLEASE ensure your shoes are appropriate for the surface you are walking on.

SHARE YOUR SUCCESS IN THE GROUP FOR A CHANCE TO WIN DAILY PRIZES

Share your daily success within the closed Facebook Group. This could be images of you or pictures of the location in which you are walking. By sharing you will be motivating others. There's also daily prizes to be won so be sure to look out for the details when announced



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YOUR PACE AND YOUR SPEED

The challenge is at your pace or speed. The BEST results are obtained when repeated over time. Go slowly at first and then increase your speed. After all we don't want you to burn out on day 1

DO I HAVE TO WALK OR HIKE 5KM A DAY EACH DAY

The goal of the challenge, to walk 5km a day for each of the 5 days, so you get the feel of what "multi day" hiking is. However a challenge is all about YOU and what challenges you. So start where you are at and increase from there.

WHAT IF I CURRENTLY WALK/HIKE MORE THAN 5KM A DAY?

That's fabulous. Keep doing what you are doing. Make sure you share some pictures in the private Facebook Group.

WHAT FOOTWEAR IS BEST?

Sandshoes are perfect for walking your 5km in the suburbs.

Hiking boots or trail shoes are best for the bush tracks. And the reason is that the boots are less flexible on harder surfaces such as footpaths and roads.

Wearing sturdy boots on these surfaces can lead to injuries.

MAKE A PLAN

Plan for when you are going to walk your 5km each day. Make a commitment by writing the time for each day in your calendar and sharing your challenge with others

Most of all have fun. In 5 days time you will have walked 25km. The feel good energy from the challenge is contagious.