

SOFT SAND SUCCESS



4. SOFT SAND SUCCESS COASTREK PLAN & TRAIN E-BOOK BY WILD WOMEN ON TOP

WHY SO MUCH SAND?

We love the 'S' words! Seek soft surfaces to stay sexy, slinky and safe!

The Wild Women On Top Coastrek is a celebration of stunning coastlines and an opportunity for you to get fit while trekking. So of course the event includes delicious, soft, sinky, warm, moist, moving, golden sand; and lots of it!

To make this fun, practice the technique of planting your toe first into the sand, like swimming freestyle with your feet. Surf lifesavers are brilliant at this so check them out (their feet, not their budgie smugglers).

This is great news to get YOU fitter and stronger and/or burn calories and fat. Walking on soft sand increases caloric expenditure up to 100% if you can keep up the pace. So, walking 3-4km an hour in soft sand is equivalent to walking about 6-7km an hour on flat pavement. This depends on your speed, how soft

the sand is, how much you weigh, how heavy your pack is and the slope of the beach, but you get the picture. It's so good for you!

In training, you want to get fitter, so aim to get your heart rate up on the soft sand and really give yourself a workout. Push hard.

During the event, however, you want to conserve energy to finish the event, so relax your pace on the soft sand during the event to ensure success.

Soft sand training strengthens your core muscles (your abs, bum and back), because your body has to work to stay stable as the sand moves underneath you. It's easier on your joints because it's low impact and less jarring, allowing the body to move in a greater range of motion. It's fantastic for strengthening ankles after they've been sprained.



TIPS FOR SUCCESSFUL SOFT SAND WALKING

Get your technique right: Focus on tipping your weight slightly more forward, pointing your toes like a ballerina and pushing your toes into the sand first. This will make your feet act like paddles, pushing the sand backwards and propelling you forward. If you go heel first, you'll go nowhere. Soft sand will give your calf muscles a greater stretch and therefore a greater workout, so take care if you have Achilles tendon issues.

Warm-up/Cool-down: A five minute warm-up for walking and cool down afterwards is recommended for preventing strains and sprains.

Get the right footwear: During Coastrek, we recommend you wear

trail runners. A good pair of trail runners will keep your feet ventilated, supported and protected. However, on long stretches of soft sand, walking in bare feet is great for strengthening the feet and ankles during training as well as injury prevention during the event.

Make sure you're balanced: Avoid sloping sand, but if that's impossible, spend half your time walking in one direction, then turn around and walk in the other direction to avoid over-straining one leg.

Don't overdo the soft sand training: Soft sand walking is high intensity so don't overdo it. Limit your first barefoot walk to just 20 minutes to build strength in your lower legs, ankles, and

feet. You can add five minutes at a time as you get used to the new surface. Build up gradually, starting with short distances and working up to longer distance once or twice a week.

Pace yourself: Keep a brisk pace, but listen to your body. Remember that you're burning extra calories just by walking on soft sand so use interval training principles and avoid injury.

Protect yourself: Always wear sunscreen, a hat, a light white cotton shirt to cover your skin in the sun, a wet bandana to keep your neck cool and ensure you're well hydrated. And don't forget your ankle cuffs to keep the sand from flicking in the top of your shoes.

Get pole power: Push off your poles

for a great triceps and upper body workout. Don't forget to clean your poles after use to avoid salt and sand damage.

Risks: If you're overweight, deconditioned, recovering from injury, going too fast or walking on sloping sand your risk of injury is increased. Please seek professional advice.

Soft sand training is a winner for fitness, time efficiency, strength, core and cardio, BUT make sure you use good technique. During the event, adapt your pace so that you achieve your Coastrek goal of finishing the distance injury free!



