



Training for NW Competition

Good prepare for INWA NW European Championships 2025

Set up your goal and evaluate your fitness condition now

The 5km winners' time is 30'16", while the last place NW's time is 59'21" among 110 participants in the INWA NW World Championships in Lahti 2024. Please remember that the course profile features a hilly dirt track.

Check your 5km walk time on flat terrain. It may take you longer on the Lahti track due to its hilly profile. However, it's good to know your current level. You can set a realistic goal; it's achievable but not too easy.

Do your meaningful training!



Check your start point

Great, now you have set up your clear goal. But the question is, do you know your background of training habits?

A typical mistake for sports enthusiasts is having a clear goal and an unclear starting point. You may lose your way, even if you have a clear desired destination for your journey but don't know where you are.

You need to know your starting point when planning your training program.

Please verify your weekly training and physical activity hours.

If you train for one hour three days a week and two hours on Saturday, your total training time becomes five hours a week. You are expected to be capable of maintaining this training schedule without any problems. That's your starting point.



Training hours & frequency

If you continue with the same amount of training, you may maintain your fitness, but it is not expected to increase to the level you hope for.

Varying your training is crucial; increasing the volume of your workouts while allowing your body to adapt and recover will elevate your fitness to the next level.

For instance your exercise habit 5 hours/week, consider the different volumes of training in the week below.

- Easy/recovery week: 3 - 4 hours training / week
- Moderate/Pre-hard week: 5 hours
- Hard training week: 6 - 7 hours



Analysing the Race Nordic Walking

Is Nordic Walking a form of endurance sport or another type of sport?

The winner's time was approximately 30 minutes in 5km, a little more than 1 hour in 10km, and over 2 hours in the half marathon. Yes, it requires endurance.

Your speed varies among different distances. Short distances require more speed, while long distances demand more endurance. Maintaining your speed is important. Developing speed endurance ability is beneficial.

Additionally, when you consider the trail profile, it's hilly and a dirt track. Somehow, strength is also required.



Training Intesites

Endurance training at HRMax 50-65% is essential for developing a solid fitness foundation. More than 80% of your training volume can maintain this intensity.

- You can engage in long distance.
- Your ability to eliminate lactate increases
- You recover quickly from your workout

Improving speed endurance, with HRMax greater than 70%, can help achieve a higher rank in the competitions. However, only 10% of your training volume at that intensity is sufficient.

- You can maintain a good speed throughout the entire distance in competition.



Type of training

As a Nordic Walking athlete, your main training involves variable intensities of Nordic Walking. However, you can incorporate other types of training, including:

- Strength training
- Mobility training
- Balance training
- Coordination training

Enhance the power and elasticity of your muscles.

You can improve your range of movement smoothly.

It is easy to master effective NW techniques from INWA instructors.



Training sample 4-5 times/week

① 1st week Moderate		Frequency 4-5times/week	
M	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	1:00
Day 2	Strength training		0:45
Day 3	NW Easy include Speed 2' x 2 times	50-80%	1:00
Day 4	Own NW training		0:45
Day 5	NW + coordination tr.	50-60%	1:30
Total			5:00

④ 4th week Moderate		Frequency 4-5times/w	
M	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	1:00
Day 2	Strength training		0:45
Day 3	NW Easy include Speed 2' x 3 times	50-80%	1:00
Day 4	Own NW training		1:00
Day 5	NW + coordination tr.	50-60%	1:30
Total			5:15

② 2nd week Hard		Frequency 4-5times/week	
H	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	1:00
Day 2	Strength training		0:45
Day 3	NW Easy include Speed 2' x 3 times	50-85%	1:00
Day 4	Own NW training		1:00
Day 5	NW + balance tr.	50-60%	1:45
Total			5:30

⑤ 5th week Hard		Frequency 4-5times/w	
H	Contents	HRMax	Hours
Day 1	NW Easy-Moderate	50-70%	1:00
Day 2	Strength training		1:00
Day 3	NW Easy include Speed 3' x 4 times	50-85%	1:30
Day 4	Own NW training		1:00
Day 5	NW + balance tr.	50-60%	2:00
Total			6:30

③ 3rd week Easy		Frequency 4-5times/week	
E	Contents	HRMax	Hours
Day 1	Other sport training	-	0:45
Day 2	Strength training		0:30
Day 3	NW Easy include Comfortable speed 5'x1	50-75%	1:00
Day 4	Own NW training		1:00
Day 5	NW + mobility tr.	50-60%	1:15
Total			4:30

⑥ 6th week Easy		Frequency 4-5times/w	
E	Contents	HRMax	Hours
Day 1	Other sport training	-	0:30
Day 2	Strength training		0:30
Day 3	NW Easy include Speed play 1' x 3times	50-85%	0:30
Day 4	Own NW training		1:00
Day 5	NW + mobility tr.	50-60%	1:00
Total			3:30

【Train in order ①⇒②⇒③⇒④⇒⑤⇒⑥⇒①】 E = Easy week、 M = Moderate week、 H = Hard week

* If you feel that the intensity or amount of your training does not match your feelings, please adjust it accordingly.



Training sample 3-4 times/week

① 1st week Moderate		Frequency 3-4times/week	
M	Training contents	HRMax	Hours
Day 1	NW easy	50-60%	0:45
Day 2	Other sport training	60-70%	0:45
Day 3	Strength training		0:45
Day 4	NW + coordination tr.	50-70%	1:00
Total			3:15

④ 4th week Moderate		Frequency 3-4times/w	
M	Training contents	HRMax	Hours
Day 1	NW easy	50-60%	0:45
Day 2	Other sport training	60-70%	0:30
Day 3	Strength training		0:45
Day 4	NW + coordination tr.	50-70%	1:30
Total			3:30

② 2nd week Hard		Frequency 3-4times/week	
H	Training contents	HRMax	Hours
Day 1	Own NW training	50-70%	0:45
Day 2	Strength training		0:45
Day 3	NW + balance tr.	50-60%	1:00
Day 4	NW Easy	50-60%	1:30
Total			4:00

⑤ 5th week Hard		Frequency 3-4times/w	
H	Training contents	HRMax	Hours
Day 1	NW + balance tr.	50-60%	1:00
Day 2	NW easy	50-60%	1:15
Day 3	Strength training		0:45
Day 4	NW Easy include Speed 2' x 2 times	50-80%	1:30
Total			4:30

③ 3rd week Easy		Frequency 3-4times/week	
E	Training contents	HRMax	Hours
Day 1	Own training	-	0:30
Day 2	NW + stretching tr.	50-60%	0:45
Day 3	NW Easy-Moderate	50-70%	1:15
Day 4			
Total			2:30

⑥ 6th week Easy		Frequency 3-4times/w	
E	Training contents	HRMax	Hours
Day 1	Other sport training	-	0:30
Day 2	Strength training		0:30
Day 3	NW Easy include Speed 1' x 4 times	50-85%	1:00
Day 4	NW + stretching tr.	50-60%	0:30
Total			2:30

【Train in order ①⇒②⇒③⇒④⇒⑤⇒⑥⇒①】 E = Easy week、 M = Moderate week、 H = Hard week

* If you feel that the intensity or amount of your training does not match your feelings, please adjust it accordingly.