

60 Mile Dog Walk in November Challenge

Training guide

Adapt the challenge to suit you

There are people of all levels of fitness doing this challenge, so tailor it to suit you. However you choose to break down the 60 miles, you'll be helping us fund life-saving research.

Check out dog walking guidance

If you're looking for information about the exercise needs of your dog's breed, please read through the [Kennel Club's dog walking tips](#), the [seasonal dangers of walking your dog](#) and their [A-Z of dog breeds](#).

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 60 miles, whether that's every day or longer walks at the weekend.

Team up

Walking together is always more fun. Whether you cover the miles together or individually, encourage others to join in the challenge too!

Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit [nhs.uk/live-well/eat-well/](https://www.nhs.uk/live-well/eat-well/)

Get the gear

Make sure you have a comfortable pair of trainers – wearing the wrong type of shoe is the most common cause of injury.

Track every mile

Show off your progress to your supporters by tracking every mile with a tracking app. We recommend **Strava** as you can link your walks to your online Giving Page.

Keep hydrated

Make sure you and your dog drink enough water before and after your walks.

