



VIRTUAL WALK 2020

TRAINING PLAN

PREP WEEK 01



WEEKLY TRAINING PLAN

Before each workout we encourage you to do a 10 minute walking warm up. For your strength sessions: the exercise and format will stay the same throughout the 6 weeks, but each week, you'll do longer strength intervals. Take note on the next page.

WARM-UP EACH DAY

(10 Minutes)

- Walk for 5 minutes at an easy to moderate pace.
- Walk for 5 minutes at a brisk pace.

MONDAY

Warm up 10 minutes
 Walk for 10 minutes at a moderate pace
 Walk for 5 minutes at a brisk pace
 Walk for 5 minutes at a moderate pace
 Total walk time: 30 minutes

TUESDAY

Warm up 10 minutes
 Walk for 10 minutes at a moderate pace
 Walk for 10 minutes at a brisk pace
 Walk for 10 minutes at a moderate pace
 Total walk time: 40 minute

WEDNESDAY

Warm up 10 minutes
 Strength session - see next page

THURSDAY

Warm up 10 minutes
 Walk for 10 minutes at a moderate pace
 Walk for 2 minutes at a brisk pace
 Walk for 2 minutes at a moderate pace
 Walk for 2 minutes at a brisk pace
 Walk for 2 minutes at a moderate pace
 Walk for 2 minutes at a brisk pace
 Total walk time: 30 minutes

FRIDAY

Warm up 10 minutes
 Strength session - see next page

SATURDAY

Walk for fun / with a friend at a moderate pace
 Total walk time: minimum 30 minutes or 3 kms

SUNDAY

Rest day + stretch session
 Stretch calves for 2 minutes
 Stretch hamstrings for 2 minutes
 Stretch quads for 2 minutes



A TIP FROM FITNESS TRAINER - LIBBY BABET

When you're just starting your fitness journey, the best thing you can do is stop thinking of words like, "exercise" and "workout" which can seem quite intimidating and time consuming, and replace them with words like movement and activity, which really opens up the possibilities and makes it all more achievable.

Focus on creating a fun movement culture for your lifestyle and your family's lifestyle - instead of sitting around at lunchtime at work, have a bite to eat then take a 15-minute walk, or maybe have a walking meeting with your team when 3pm hits and everyone's getting sluggish, to perk them up. Instead of going straight from dinner table to couch or computer, head out for a brisk night walk, which is always so magical and a lovely thing to do with a partner or your kids, or even just listen to a good podcast!

WALKING INTENSITY KEY

- easy pace: a gentle stroll, appx 5 km/hour
- moderate pace: can talk but not sing, appx 6.5km / hour
- brisk pace: breaking a sweat + unable to maintain a conversation, appx 7.5km/hour

VIRTUAL WALK 2020

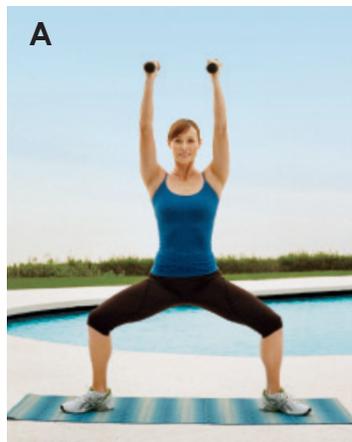
TRAINING PLAN

PREP WEEK 01



You will need: a set of 1-3kg dumbbells.

Tip: Don't own dumbbells? Two x 400g tins from the pantry will work just fine!



A



B

EXERCISE ONE Plié With kick

A: Stand with feet in a wide stance, toes angled outward. Hold weights at shoulders, palms facing in. Bend knees until thighs are almost parallel to ground, knees over ankles. At the same time, extend arms overhead.

B: As you straighten legs and lower weights, raise right leg and kick it around in a half circle, from left to right, keeping foot flexed and toes forward. Repeat move, this time kicking left leg. (That's one rep.) Do 15 times at a brisk but controlled pace.



EXERCISE TWO Dead lift and row

Stand with feet together, arms by sides holding weights, palms in. With abs tight, slowly raise left leg behind you as you lower upper body forward until parallel to ground, arms hanging beneath shoulders. Keep shoulders and hips squared toward floor, left toes pointing down. Bend elbows and pull weights toward chest (as pictured). Hold for a second. Lower arms and then left leg, rising to start position. Do 15 times with each leg.

STRENGTH SESSION INTERVALS

- Beginner: Do this circuit once.
- Intermediate: Do this circuit twice.
- Advanced: Do this circuit three times.

WANT TO INCREASE INTENSITY?

- Add 5 reps to each exercise as you work through the circuit.



EXERCISE THREE Dip and bridge

Sit with knees bent and feet flat. Place hands behind butt, fingers pointing forward. (If wrists hurt, make fists and balance on knuckles or hold dumbbells to keep wrists in line with arms.)

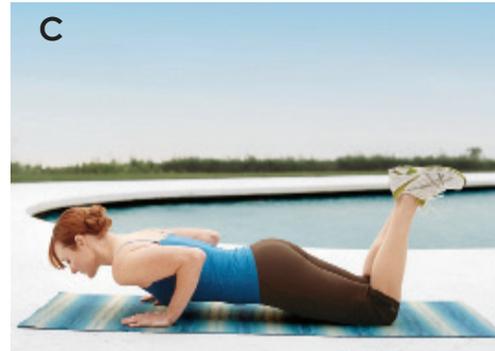
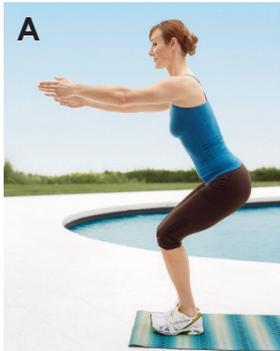
Squeeze glutes and lift butt off ground so body forms a table. Keeping abs and butt tight, bend elbows back to lower body about 4 inches. Straighten arms, raise body, and extend right leg (as pictured); hold for a few seconds and then lower leg. Do 15 times with each leg.



EXERCISE FOUR Side-to-side hops

Place dumbbells on ground about 2 feet apart to serve as markers. Stand with feet together behind left dumbbell and lower into a partial squat, hands on thighs.

Spring up and hop sideways toward other dumbbell with right leg leading and left one following. Land one foot at a time with knees soft and lower into a partial squat (the lower you squat, the more challenging the move). Hop back again quickly. Do 5 to 10 jumps per side.

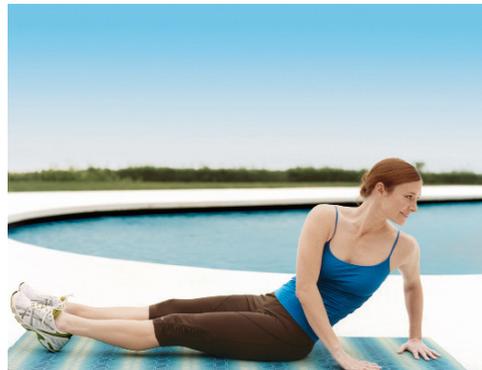


EXERCISE FIVE Push-up jumps

A: Stand with feet together. Extend arms in front of chest at shoulder level, palms in. Bend knees and hips and sit back 45 to 90 degrees into chair pose, keeping knees behind toes.

B: Step left leg back into a lunge and place hands on ground on either side of right foot, right knee directly over your ankle.

C: Bring right foot back by left and lower knees to ground, feet in air. Perform a push-up. (For a challenge, do a full push-up: legs extended, balancing on toes.) Jump or walk feet forward toward hands and rise up into chair pose (A). Repeat, lunging with right leg back. Do five times with each leg, moving at a brisk but controlled pace.



EXERCISE SIX Reverse reach

Sit with legs extended and about shoulder-width apart, toes pointed, and arms extended out to sides at shoulder height.

Twist to left, lean back slightly, and bring hand around to touch ground behind you (as pictured). Keep hips on ground.

Return to start and repeat to right. That's one rep. Do 15 times.



EXERCISE SEVEN Sit-up fly bridge

Lie faceup, knees bent, feet flat on ground. Hold weights in hands, arms open out to sides, elbows slightly bent, palms facing up. Squeeze chest and bring weights together above chest.

Contract abs and lift head, shoulders, and upper back off ground into a crunch (as pictured) and hold for a second. Lower upper body, bringing arms out to sides, then contract abs and butt and lift hips a few inches off ground.

Hold for 5 seconds and lower. Do 15 times.