

Fitness First

10 Week Walking Plan

We hope you are looking forward to your walk in aid of Winston's Wish and well done and thank you for signing up. To make the walk easier on the body, we have devised a ten-week training programme to help you complete the 10 miles as best you can.

Before undertaking any training regime, it is important to get checked out by a doctor, especially if you are new to exercise, over 65 or have any chronic illnesses for example asthma or diabetes.

We understand that everyone's body is different, and therefore it is impossible to write a 'one size fits all programme'. Therefore the following programme is only a minimum requirement, and should be adapted by the individual if necessary.

For best results try to walk on soft ground e.g. grass etc, to prevent your knees being shocked like they would be on road surfaces. Also make sure you have comfortable and supportive footwear!

Week	Day 1 – Walk Distance	Day 2 – Interval Training	Day 3	Day 4
1	1 mile	2 mins brisk walking 3mins easy walking X 5 = 25 mins	Leg strength exercises (see page 2,3)	Activity day
2	2.5 miles	2.5 mins brisk walking 2 mins easy walking X5 = 22.5 mins	Leg strength exercises (see page 2,3)	Activity day
3	3 miles	3 mins brisk walking 2 mins easy walking X5 = 25 mins (On hilly or undulating terrain)	Leg strength exercises (see page 2,3)	Activity day
4	4.5 miles	3.5 mins brisk walking 1.5mins easy walking X6 = 30mins	Leg strength exercises (see page 2,3)	Activity day
5	5 miles	4 mins brisk walking 1 min easy (On hilly or undulating terrain – pumping arms on up hill ascents)	Leg strength exercises (see page 2,3)	Activity day
6	6.5 miles	4 mins brisk walking 1 min easy X6 = 30mins	Leg strength exercises (see page 2,3)	Activity day
7	7 miles	4 mins brisk walking	Leg strength	Activity

		30sec easy walking X5 = 22.5 mins	exercises (see page 2,3)	day
8	8.5 miles	5 mins brisk walking 1 min easy X 6 = 36 mins	Leg strength exercises (see page 2,3)	Activity day
9	9.5 miles	5 mins brisk walking 2 mins easy X 5 = 35mins (On hilly or undulating ground)	Leg strength exercises (see page 2,3)	Activity day
10	11 miles	4 mins brisk walking 1 min easy X5 = 25 mins	Leg strength exercises (see page 2,3)	Activity day

Day 3 – Leg Strength Exercises:

The following exercises will help your leg muscle develop into the strong muscles you need to cover the ten-mile distance. In all of the exercises make sure you keep your back straight, with your neck inline. These exercises will not only make your core and legs stronger, but also help prevent injury, which could disrupt you walk.

Lunges with dumbbell curl: improve quadriceps, arm and hip flexor strength

- 5 points to a successful lunge – begin with feet shoulder width apart, feet facing forward
- 1) Take a comfortable step forwards
- 2) Bend your knees so both front and back knee are bent at 90 degrees.
- 3) Perform a bicep curl, so elbows are bent at a 90degree angle. Extend arms so they are straight
- 4) Extend the front knee, so feet go back to starting position
- 5) Repeat 10 repetitions on each leg X 2 – use light weights (dumbbells)

Squats: improve entire leg and glute (bottom) strength

- Start with feet at shoulder width apart
- Bend your knees and hips until both are at 90 degrees. Make sure back is kept straight.
- Your bottom should move out behind you, like you are sitting on a low chair.
- Extend knees to standing start position
- Repeat 10 repetition X 3 – use light weights (dumbbells)

Reverse lunges: improves glute, hamstring and calf strength (all located on back of legs)

- Stand with feet hip width apart
- Step backwards with one leg, whilst bending front knee to 90 degrees
- Drag rear foot back to the starting position
- Repeat 10 repetitions on each leg X 2

Pelvic Raises: Core strength

- Lying down on your back, with feet on floor, and knees bent at 90 degrees

- Using Glutes and core muscles, push pelvis upwards, until it is inline with knees, and head.
- Lower bum until it is 1 inch off floor
- Repeat action 10 times X 3 with 30 seconds rest in between

Abdominal crunches: improves abdominal and core strength

- Lying down on back with feet on floor, and knees bent at 90degrees.
- Raise head to knees, keeping back straight
- At the same time, raise legs up to head
- Return to start position and repeat 10 times X 3

Iso Plank: improves core and abdominal strength

- Lying down on front
- Rest your forearms on floor, with hands in line with elbows
- Rest on your toes, and raise pelvis off floor until back is straight – like a plank
- Ensure body remains in a straight position, so bottom isn't sticking up or down.
- Hold for as long as you can. Have a 30 second rest and repeat

Dorsal raises: improves back strength

- Lie on front
- Lift your head and shoulder off the ground
- Return to start position
- Repeat 10 times X 2

Day 4: Activity Day

Try to include another form of cardiovascular activity into your weekly regime, to stop the onset of boredom. This may include swimming, which is great for cardiovascular improvement, and has a low risk of impact on joints. Another form is cycling. Try to make it fun, so go out with family or friends. Make every session last a minimum of 25 minutes each.

Stretching: try to stretch all lower extremities after every exercise session, as this will prevent cramping, postural distortion and soreness. This will allow you to best perform the training regime.

Good luck with your training and all the best on the day!

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