

5K Your Way - Walking Programme

WALKING is the ultimate exercise. It is the easiest to do and the least strenuous. It can be done at anytime and there are no costs involved. Walking can tone muscles, help protect your heart and improve fitness.

Walking Tips:

Every little helps: Why not try getting off the bus a stop earlier, taking the stairs instead of the lift, or leaving the car at home for short journeys

Nice Place: Walking in a pleasant place can be relaxing and a mini holiday away from the everyday mini stresses of life.

Arms and legs: Using your arms lets you walk faster & burn more calories.

30 minutes a day is best: One 30 minute, two 15 minute, three ten minute, even six five minute walks throughout the day. The choice is yours, but make sure you do half an hour a day.

With Friends: A walk and a talk can be very social. It surprising how much easier walking is when you are in the midst of conversation.

WHY WALK?

- **FREE** – No costs involved
- **EASY** – You select the pace you wish to walk at
- **QUICK** – Only 30 minutes walking per day needed
- **SAFE** – Low ground impact prevents likelihood of injury
- **AS GOOD AS JOGGING** – Walking at a brisk pace burns a similar amount of calories to jogging.

To get maximum benefits from walking the most important thing is to ensure you are walking at the correct speed. This is when:

- Feel slightly warmer
- Heart beats a little faster
- Breathing slightly faster (still able to talk)

Record Your Progress

You can use the table below to monitor how much walking you doing. Aim to improve your weekly walking total gradually. You can either increase the amount of time you walk for, or walk at a faster pace each time. A 5K walk will take between 40minutes and one hour to complete. By week eight, aim to be doing a continuous walk for this amount of time.

Week	1	2	3	4	5	6	7	8
Day								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Total								

Parkrun provide free, informal timed 5K events, taking place every Saturday morning across the UK. Go to www.parkrun.com for further information.



Good luck with your training! Remember that consistency is the key to achieving your goals and by improving gradually you can reach your personal targets. You can do it!