

Ready, Set - **GOAL!**

BEGINNER WALKING PROGRAM

- This schedule is for Beginners who are normally active without significant health complaints but who do not regularly engage in fitness walking.
- Increase the time you spend walking each week before working on speed. If you find any week to be difficult, repeat that week rather than adding more time, until you are able to progress comfortably.

MAKE THE POSITIVE COMMITMENT:

The secret is consistency. Make walking a daily habit, not just something you do on weekends or when the weather is nice.

Possible Goals:

- Be able to walk a 5K walk (3.1 miles) in one hour or less
- Improve walking posture and form
- Finish a 5K walk feeling energized rather than exhausted

| PACE | DESCRIPTION | BREATHING | HOW TO DO IT |
|---------------|----------------------------------|----------------------------------|---------------------------|
| STROLL | “Window Shopping” walking | Normal | Enjoy your walk |
| EASY | Continuous “Comfortable” walking | Almost Normal | Move a little faster |
| BRISK | Walking with “Real” purpose | Harder, but still conversational | Quicker-than-normal steps |

DISTANCE or LENGTH OF TIME:

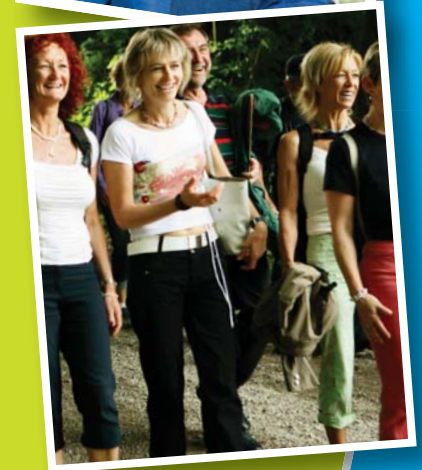
This workout has a focus on minutes rather than miles. Don't worry how far you walk, just walk the length of time. Just get out on a regular basis and exercise your legs.

SAFETY & EXERCISE PRECAUTIONS:

Because exercise is a stress placed on the body, certain precautions should be considered. Participants are encouraged to get a physical exam prior to engaging in vigorous exercise. Users who are over age 40 and/or have any ailment or special condition(s) which may increase risk of heart disease are strongly encouraged to consult a physician prior to engaging in exercise.

REST:

Rest is as important a part of you training as the workouts. You will be able to do the long walks on the weekends better and limit your risk of injury if you rest before and rest after.



Ready, Set - **GOAL! BEGINNER WALKING PROGRAM**

Week 1: total goal: 75 minutes

Tip: We want to build a habit, so consistency is important. Spread out your rest days ... rest on day1 and day 5. Shin splints are a common problem for beginners during the first 2 weeks. Check here to Prevent and Treat Shin Splints.

Week 2: Change your pace. Weekly total goal: 75 minutes

Tip: Move a little faster when you walk. What makes you move faster?

Week 3: Add minutes. Weekly total goal: 90 minutes

Tip: WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your ab muscles and fall into your natural stride. Don't forget your rest days.

Week 4: Be sure to HYDRATE. Weekly total goal: 90 minutes

Tip: Be sure to drink plenty of water before, during, and after walking.

Week 5: Add a Longer Day. Weekly total goal: 100 minutes

Tip: May sure you rest after your long day of walking. You will be able to do the long walks on the weekends better and limit your risk of injury if you rest before and rest after

Week 6: Pick up the PACE. Weekly total goal: 100 minutes

Tip: Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

Week 7: Add time. Weekly total goal: 110 minutes.

Tip: Now that you are walking longer and faster, you may experience blisters. Learn how to prevent and treat blisters.

Week 8: Weekly total goal: 120 minutes.

Week 9: Weekly total goal: 135 minutes.

Week 10: Add intervals.. Weekly total goal: 145 minutes.

Tip: Interval workouts are a great addition to your walking workout. Try a different pace in 5-minute segments, walk at an EASY pace for 5 minutes, BRISK pace for 5 minutes, EASY pace for 5 minutes, BRISK pace for 5 minutes and so on to complete your long walk.

Week 11: Weekly total goal: 165 minutes.

Week 12: Weekly total goal: 190 minutes.

CELEBRATE!



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Beginner Walking Log



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------|------------------|------------------|------------------|--------|------------------|------------------|
| Week 1 | Rest | 15 minute-STROLL | 15 minute-STROLL | 15 minute-STROLL | Rest | 15 minute-STROLL | 15 minute-STROLL |
| Week 2 | Rest | 15 minute-EASY | 15 minute-STROLL | 15 minute-EASY | Rest | 15 minute-STROLL | 15 minute-EASY |
| Week 3 | Rest | 20 minute-EASY | 15 minute-STROLL | 20 minute-EASY | Rest | 15 minute-STROLL | 20 minute-EASY |
| Week 4 | Rest | 20 minute-EASY | 15 minute-STROLL | 20 minute-EASY | Rest | 15 minute-STROLL | 20 minute-EASY |
| Week 5 | Rest | 20 minute-EASY | 15 minute-STROLL | 20 minute-EASY | Rest | 15 minute-STROLL | 30 minute-EASY |
| Week 6 | Rest | 20 minute-STROLL | 15 minute-BRISK | 20 minute-EASY | Rest | 15 minute-BRISK | 30 minute-EASY |

My Goals:
To begin, stay committed and complete the BEGINNER walking program.

Ready, Set - **GOAL!**

Beginner Walking Log

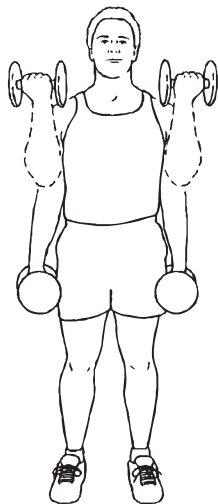


| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|--|------------------|--|--------|------------------|---|
| Week 7 | Rest | 20 minutes-STROLL | 15 minutes-BRISK | 20 minutes-EASY | Rest | 20 minutes-BRISK | 30 minutes-EASY |
| Week 8 | Rest | 20 minutes-STROLL | 20 minutes-BRISK | 20 minutes-STROLL | Rest | 20 minutes-BRISK | 40 minutes-EASY |
| Week 9 | Rest | 25 minutes-STROLL | 20 minutes-BRISK | 25 minutes-EASY | Rest | 20 minutes-BRISK | 45 minutes-EASY |
| Week 10 | Rest | 30 minutes total = 20 minutes-STROLL 10 minutes-BRISK | 20 minutes-EASY | 30 minutes total = 20 minutes-STROLL 10 minutes-BRISK | Rest | 20 minutes-EASY | 45 minutes total = 20 minutes-Easy 25 minutes-BRISK |
| Week 11 | Rest | 30 minutes total = 20 minutes-STROLL 10 minutes-BRISK | 30 minutes-EASY | 30 minutes total = 20 minutes-STROLL 10 minutes-BRISK | Rest | 30 minutes-EASY | 50 minutes total = 25 minutes-Easy 25 minutes-BRISK |
| Week 12 | Rest | 35 minutes total = 20 minutes-STROLL 15 minutes-BRISK | 30 minutes-EASY | 35 minutes total = 20 minutes-STROLL 15 minutes-BRISK | Rest | 30 minutes-EASY | 60 minutes total = 20 minutes-EASY 20 minutes-BRISK 20 minutes-STROLL |

WALKING STRENGTH TRAINING

ARMS: BICEPS - 8 Curl: Standing (Dumbbell)

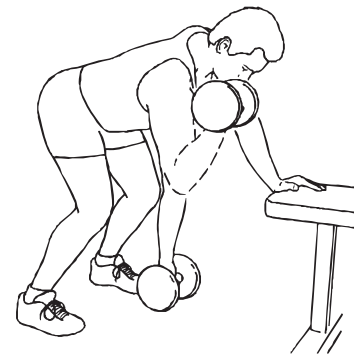
Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do 2-3 sets.
Complete 10-15 repetitions.

ARMS: BICEPS - 11 Curl: Standing Single Arm, Concentration (Dumbbell)

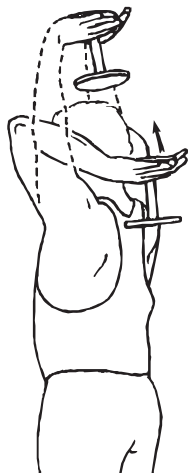
Curl arm to shoulder, keeping upper arm perpendicular to floor.



Do 2-3 sets.
Complete 10-15 repetitions.

ARMS: TRICEPS - 5 Extension: Standing (Dumbbell)

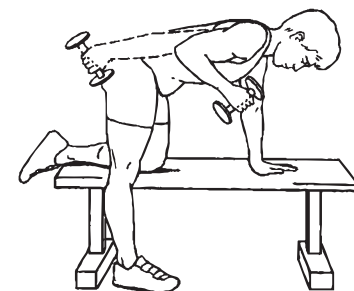
Knees slightly bent, straighten arms, keeping upper arms close to sides of head.



Do 2-3 sets.
Complete 10-15 repetitions.

ARMS: TRICEPS - 1 Kickback: Bent Over – Single Arm (Dumbbell)

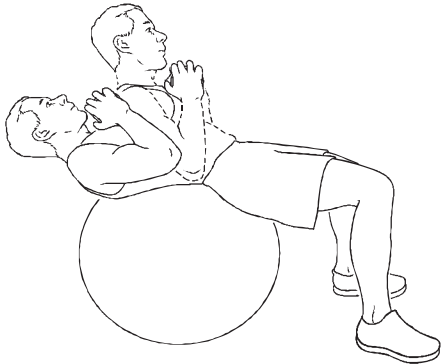
Straighten arm, keeping upper arm in line with body.



Do 2-3 sets.
Complete 10-15 repetitions.

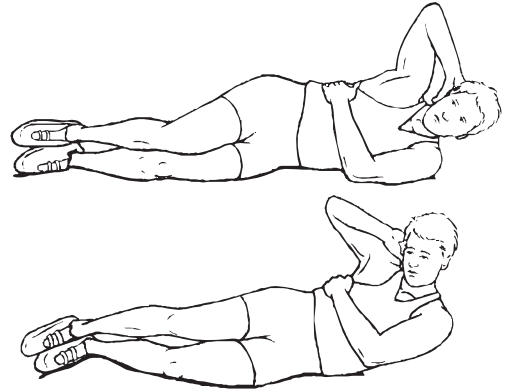
WALKING STRENGTH TRAINING

ABS - 1 Crunch (Dumbbell)



Hold dumbbell on upper chest, low back supported. Tighten abdominals by bringing ribs toward pelvis until shoulders clear ball. Do 2-3 sets. Complete 10-15 repetitions.

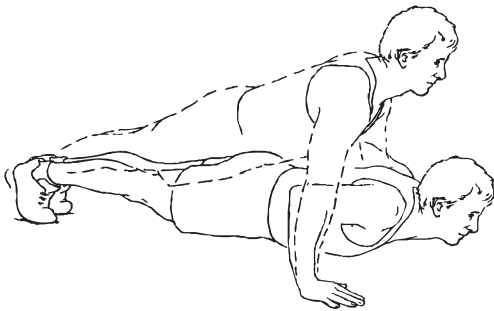
ABS - 18 Crunch: Side



With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.

Do 2-3 sets. Complete 10-15 repetitions.

CHEST - 10 Push-Up: Wide Hands

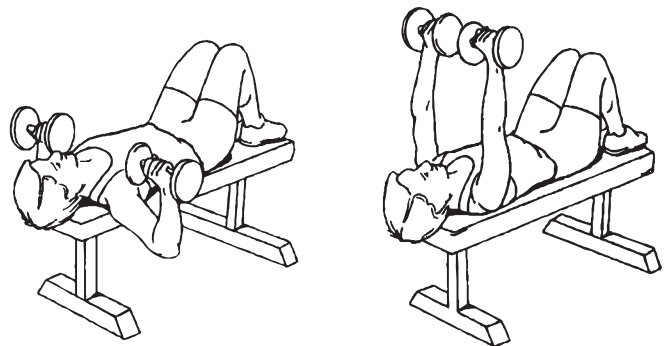


Chest a few inches from floor, push up until arms are straight.

This can also be modified by placing the knees on the floor.

Do 2-3 sets. Complete 8-15 repetitions.

CHEST - 15 Bench Press (Dumbbell)



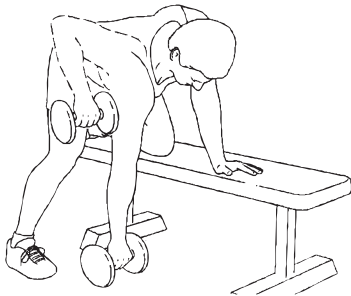
Press to straight arms.

Do 2-3 sets. Complete 10-15 repetitions.

WALKING STRENGTH TRAINING

BACK: LATS - 2 Row: Bent Over - Single Arm (Dumbbell)

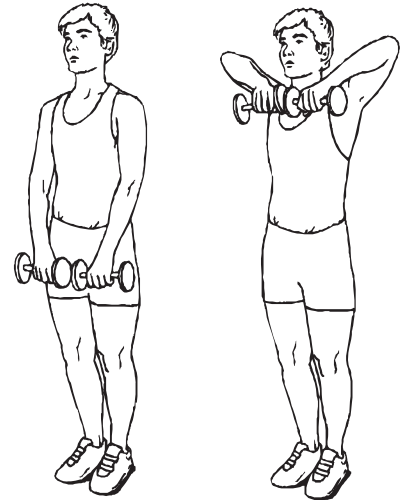
Lift weight to side of chest, keeping elbow close to body.



Do 2-3 sets.
Complete 10-15 repetitions.

BACK: TRAPS - 1 Row: Upright (Dumbbell)

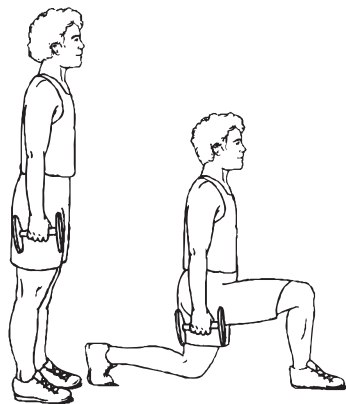
Knees slightly bent, lift weights to chin, leading with elbows, dumbbells close together.



Do 2-3 sets.
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

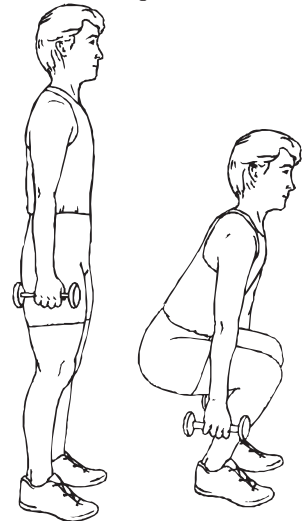
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2-3 sets.
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

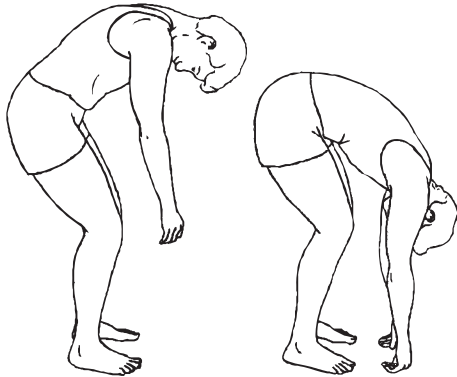
Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.



Do 2-3 sets.
Complete 10-15 repetitions.

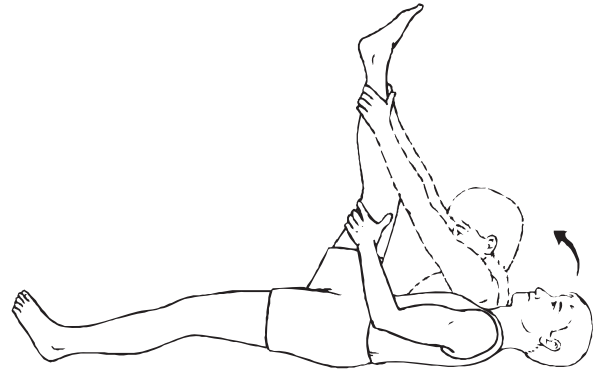
STRETCHING EXERCISES

HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

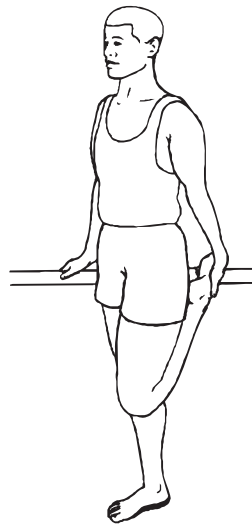
HAMSTRINGS - Leg Raise



With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

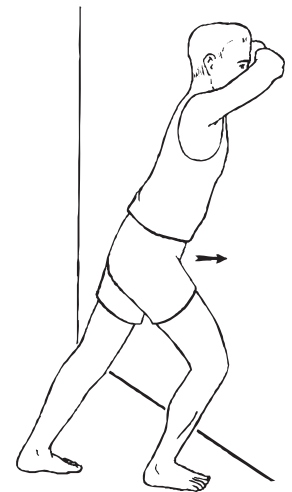
UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.



LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.



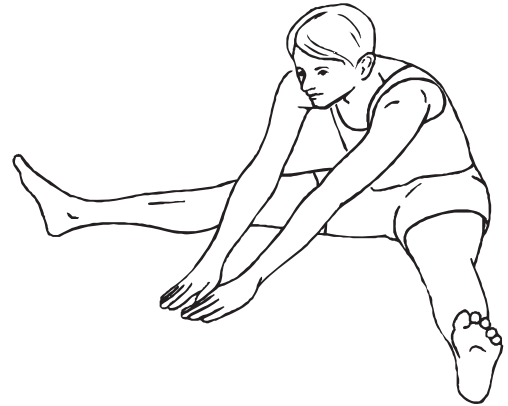
STRETCHING EXERCISES

GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.



GROIN - Thigh Adductors



With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

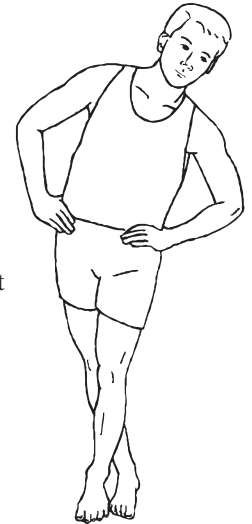
HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.



HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



STRETCHING EXERCISES

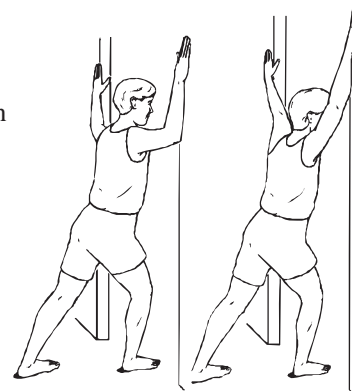
ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

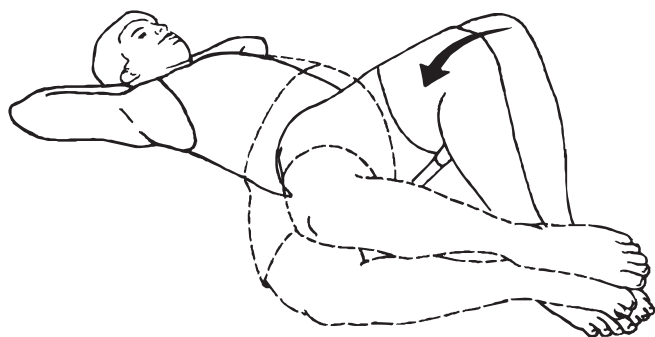


CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

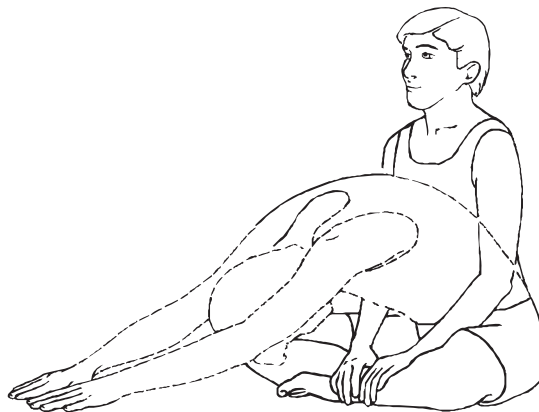


LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

LOWER BACK - Mid and Lower Extensors

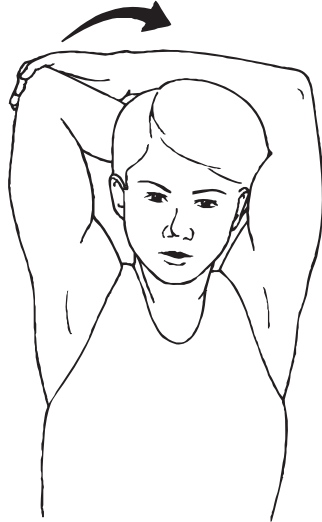


With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

STRETCHING EXERCISES

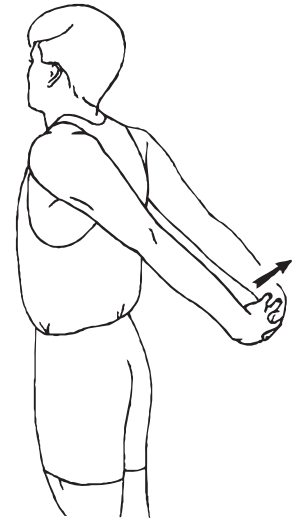
ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.



ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.



SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.

