

# WEEK 02 WALKER



**TRAINING PLAN**

By Louise Heraghty

# WALKER

## Welcome to Week 2

By now you will have developed a habit of walking regularly. Add 5 minutes a day so you are walking 25 minutes on 3 days and 30 on the last day. Again if you find the 25 minutes too much you can always reduce the time on one or two of the days. The most important thing is to get your body used to regular exercise.



### Pace

Remember, you should be able to hold a conversation comfortably, without being too out of breath. Some beginners find it tough to control their breathing so try not to think about it too much. I would recommend breathing in through your nose and out through your mouth but this technique is not for everyone. If you feel too out of breath then try taking deep breaths in and out through your mouth.



### Cross Training

Items listed on the cross training day are just a suggestion. Pick any activity that will help improve your overall fitness and increase your cardio vascular capability. Listen to your body and see how much energy you have after the three days of training. 30 minutes of swimming or other forms of exercise such as using cardio machines in the gym/spinning class/aerobics class is more than enough on a cross training day. If you are cycling increase the time to 45 minutes. This is not a hard training day so the intensity levels should be light – a gentle swim or relaxing flexibility class like Yoga or Pilates will work well.



### 7 Day Training Plan

- Day 1:** 25 min walk - easy pace
- Day 2:** Rest day
- Day 3:** 25 min walk - easy pace
- Day 4:** Rest day
- Day 5:** 25 min walk - easy pace
- Day 6:** Rest or cross train
- Day 7:** 30 min walk - easy pace

