

# HEALTHY COMPANY



## BEGINNERS' 5 KM WALKING PROGRAMME

*Do you want to increase your fitness levels but are nervous because you're unfit? This programme will gently guide you so that you're able to walk 5 km comfortably.*

### GENERAL INSTRUCTIONS

- Start with a 5 – 10 minute easy walk to warm up before every session, and end with a 5 – 10 minute easy walk to cool down
- After cooling down, do some stretching
- Always get medical clearance before starting with any exercise programme.

### DEFINITIONS AND GUIDELINES

**Cross training:** makes your training more balanced






**Easy walk:** comfortable pace, where conversation with a walking partner is easy








**Moderate walk:** moderate pace where conversation might leave you slightly out of breath








**Rest:** a vital part of any training programme when your muscles increase in strength








**Strength training:** not essential but has tremendous benefits, both for your walking fitness and health

## THE PROGRAMME

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>WEEK 1</b>	 20 minutes strength training and cross training	 20 minutes easy walking	 REST	 Three alternating sets of 5 minutes moderate, 2 minutes easy walking	 20 minutes strength training	 20 minutes moderate walking	 REST
<b>WEEK 2</b>	 20 minutes strength training and cross training	 25 minutes easy walking	 REST	 Three sets of 5 minutes moderate, 2 minutes easy walking	 20 minutes strength training	 25 minutes moderate walking	 REST
<b>WEEK 3</b>	 30 minutes strength training and cross training	 3 km easy walking	 REST	 Four sets of 5 minutes moderate, 2 minutes easy walking	 25 – 30 minutes strength training	 30 minutes moderate walking	 REST

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
							
30 minutes strength training and cross training	3.5 km easy walking	REST	Four sets of 5 minutes moderate, 2 minutes easy walking	25 - 30 minutes strength training	35 minutes moderate walking	REST	

WEEK 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
							
30 minutes strength training and cross training	4.5 km easy walking with hills	REST	Five sets of 5 minutes moderate, 2 minutes easy walking	30 minutes strength training	40 minutes moderate walking	REST	

WEEK 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
							
20 minutes strength training and cross training	4 km moderate walking	REST	3 km easy walking	REST	15 minutes easy walking	RACE 5 km	