

# 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.

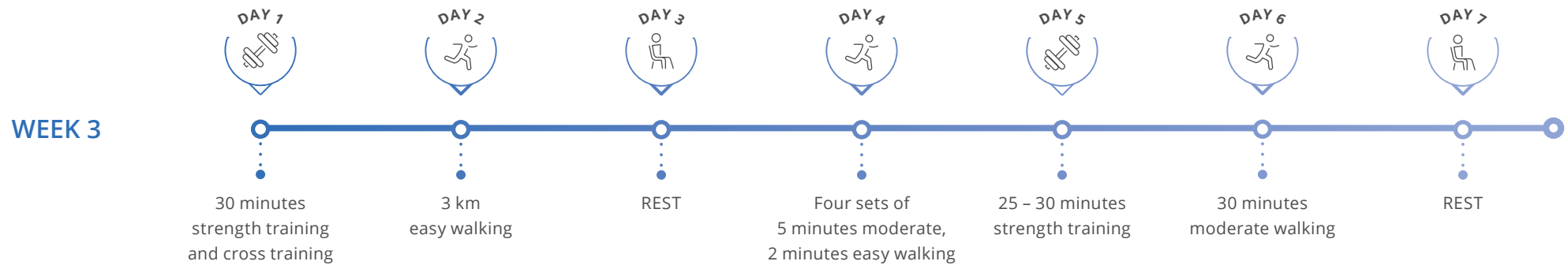
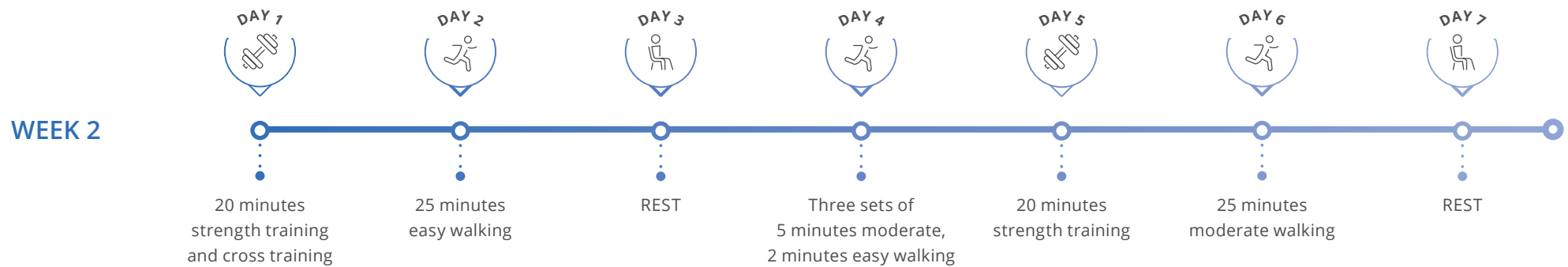
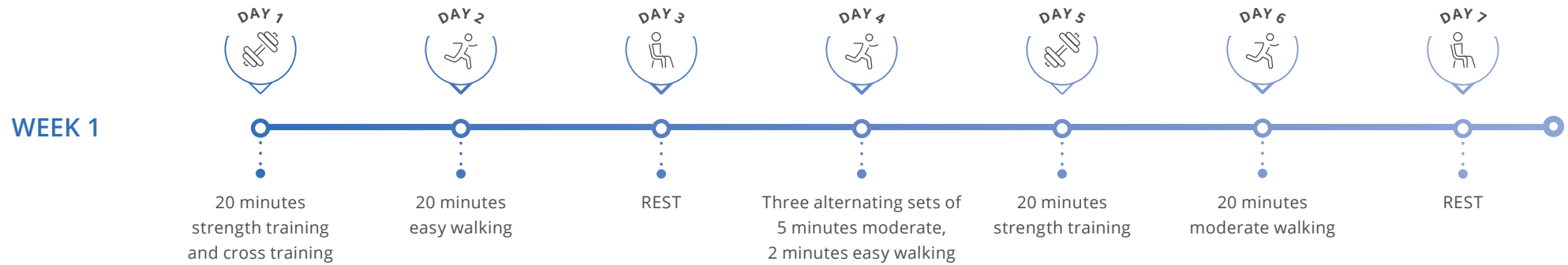
### CHAT TO HEALTHY COMPANY FOR FREE ADVICE

Healthy Company is here for you. Contact us through the Discovery app, [www.discovery.co.za](http://www.discovery.co.za) or 0800 320 420

### DEFINITIONS AND GUIDELINES

-  **Cross training:** makes your training more balanced
-  **Easy walk:** comfortable pace, where conversation with 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

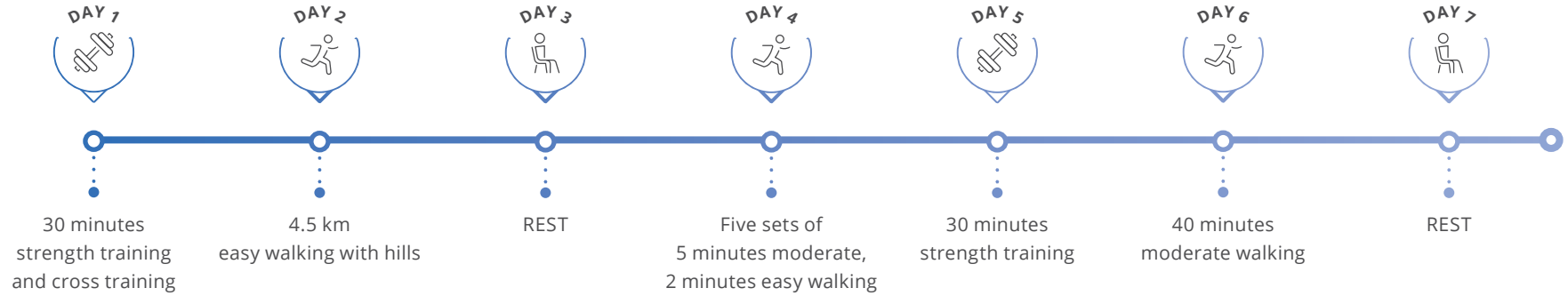
## THE PROGRAMME



## WEEK 4



## WEEK 5



## WEEK 6

