



Beginner Training Plan

TIPS FOR WALKERS

Make sure you have the correct footwear

Walk tall with concentration on your posture i.e. don't slouch,

Start slow, build up pace, maintain ability to hold a conversation

After walking loosen off with spine rotations and shaking out arms and legs then hold calf, hamstring and quad stretches

Have a couple of days rest. Aim to walk/exercise 5 days a week, starting little and often, increasing distance walked and reducing frequency. You are likely to suffer muscle aches, listen to your body, if you are suffering take an extra days rest, if hurting – especially lower back, hips, knees, shins and ankles ice any inflamed areas and if it persists seek medical advise

Pick varied walks taking in up and down hills

Make sure you drink plenty of fluids and if wanting to lose some inches with this increase your protein for muscle recovery i.e chicken, fish, meat & eggs are great sources, also increase your green leafy veg for higher levels of calcium and iron for bones and immune system and drink plenty of water

If you want to support your training with a 'clean eating plan' take a look at the Kick Start Fat Loss 28 Day online detox <http://www.fitness2improve.co.uk/28-Day-Online-Detox/vmchk.html>



This training plan was prepared by Fitness2improve and downloaded from www.breeseadventures.co.uk as an example training plan for a beginners level outdoor challenge

Beginner Example plan

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Monday	Walk 20 mins	25 mins	30 mins	30 mins	30mins	30 mins
Tuesday	Rest	Rest	Rest	rest	rest	Rest
Wednesday	Walk 20 mins	25 mins	30 mins	30 mins	30 mins	30 mins
Thursday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train
Friday	Rest	rest	Rest	rest	rest	Rest
Saturday	Walk 20 mins	25 mins	30 mins	45 mins	1hr	1 - 1.5hr
Sunday	rest	rest	rest	Rest	Rest	rest
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Monday	Walk 30 mins	30 mins	30 mins	30 mins	30 mins	30 mins
Tuesday	Rest	Rest	Rest	rest	rest	rest
Wednesday	Walk 45 mins	45 mins	45 mins	1hr	1hr	1hr
Thursday	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train	Cross Train
Friday	Rest	rest	Rest	rest	rest	rest
Saturday	Walk 1 - 1.5hr	1.5hr	2hr	2hr	2 – 2.5hr	2.5 – 3hr
Sunday	rest	rest	rest	Rest	Rest	rest

Cross Train: Swimming, cycling or spinning class, circuit style class: bootcamp, crossfit, kettlebells, strength workout at the gym or an 'at home' workout.

Sample 10 minute at home workout: <http://youtu.be/jNHCv-xSwm0>



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