

# 8 week beginner walking guide

## 4km walk



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Week 1</b>						
<p><b>Do a strength and flexibility workout.</b></p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p><b>Walk for 10 minutes at a moderate pace.</b></p> <p>Go for a 10 minute walk at a moderate pace. Your breathing should be noticeably elevated but holding a conversation should still be manageable.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>The purpose of strength and flexibility training is to strengthen your muscles and joints to make you a better runner and reduce the risk of injury. A suggested program is provided in the <a href="#">Strength and Flexibility Training Guide</a>.</p>	<p><b>Walk for 15 minutes at a moderate pace.</b></p> <p>Go for a 10 minute walk at a moderate pace. If possible, track the distance you travel to measure your progress from week to week.</p>	<p><b>Rest and recover.</b></p> <p>Rest days are a vital part of your training program as they allow your body to recuperate, recover and improve after training sessions.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Increasing your strength and flexibility will improve your walking efficiency, meaning you will be able to walk faster and farther using less energy. Check out the <a href="#">Strength and Flexibility Training Guide</a> for tips on form.</p>	<p><b>Rest and recover.</b></p> <p>Rest days can (and should) involve some activity. Take a walk or go for a swim to get your blood flowing.</p>
<b>Week 2</b>						
<p><b>Do a strength and flexibility workout.</b></p> <p>Strength and flexibility exercises are vital to help increase lean body mass, decrease fat mass and increase the rate of energy you consume. Engaging in weight training activity or using your body weight for resistance are great ways to improve strength. Flexibility or stretching exercise training is important to help reduce muscle soreness and injury, and promote recovery.</p>	<p><b>Walk for 20 minutes at a moderate pace.</b></p> <p>Go for a 20 minute walk at a moderate pace. Try to maintain the same pace as last week over the longer duration.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Follow the <a href="#">Strength and Flexibility Training Guide</a>. Remember that strength training is important for preventing muscle imbalances that occur when one muscle is stronger than its opposing muscle.</p>	<p><b>Walk for 20 minutes at a moderate pace.</b></p> <p>Go for a 20 minute walk at a moderate pace. Push yourself to travel farther than last time.</p>	<p><b>Rest and recover.</b></p> <p>Rest days are a great opportunity to work on your flexibility. Try a yoga or Pilates class or do some stretching at home.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Really focus on the static stretches as you follow the <a href="#">Strength and Flexibility Training Guide</a>.</p>	<p><b>Rest and recover.</b></p> <p>A walk on the beach is a great way to strengthen leg muscles and unwind after a long day.</p>
<b>Week 3</b>						
<p><b>Do a strength and flexibility workout or walk for 20 minutes at a moderate pace.</b></p> <p>Do a strength and flexibility session or walk for 20 minutes at a moderate pace.</p>	<p><b>Walk for 20 minutes at a moderate to brisk pace.</b></p> <p>Go for a 20 minute walk and try to push your pace a bit harder than before.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Strength training is one of the best ways to increase your speed.</p>	<p><b>Walk for 30 minutes at a moderate pace.</b></p> <p>Go for a 20 minute walk. Don't worry as much about your speed, just keep a consistent pace over the longer duration.</p>	<p><b>Rest and recover.</b></p> <p>You need sleep to heal from the mental and physical stress of training. Try going to bed a little earlier tonight.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Try to incorporate some light weights into your strength and flexibility session to make it more challenging.</p>	<p><b>Rest and recover.</b></p> <p>If you are prone to muscle soreness, book in for a sports massage on your rest day. Massage therapy improves circulation to affected areas while easing pain and aiding recovery.</p>
<b>Week 4</b>						
<p><b>Do a strength and flexibility workout or walk for 30 minutes at a moderate pace.</b></p> <p>Do a strength and flexibility session or walk for 30 minutes at a moderate pace.</p>	<p><b>Walk for 30 minutes at a moderate to brisk pace.</b></p> <p>Go for a 30 minute walk and try to push your pace a bit harder than before.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Make today's strength and flexibility session more challenging by doing an additional 2 repetitions of each exercise.</p>	<p><b>Walk for 20 minutes at a brisk pace.</b></p> <p>Go for a 20 minute walk at a brisk pace. You should need to breathe deeply every few words but still be able to carry a conversation.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Supplementing running with strengthening exercises will not only aid in injury prevention but will make you a stronger, faster, and more efficient walker.</p>	<p><b>Walk for 30 minutes at a moderate pace.</b></p> <p>Go for a 30 minute walk. Invite a friend along to keep your motivation up and make it more interesting.</p>	<p><b>Rest and recover.</b></p> <p>Rest day activities should enable your whole body to recover. Yoga and Pilates are great for improving flexibility and can also help calm your mind and body.</p>

# 8 week beginner walking guide

## 4km walk



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p><b>Week 5</b></p> <p><b>Do a strength and flexibility workout or walk for 20 minutes at a brisk pace.</b></p> <p>Do a strength and flexibility session or walk for 20 minutes at a brisk pace.</p>	<p><b>Walk for 20 minutes at a brisk pace.</b></p> <p>Go for a 20 minute walk and try to push your pace a bit harder than last week.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the <a href="#">Strength and Flexibility Training Guide</a>.</p>	<p><b>Walk for 30 minutes at a moderate pace.</b></p> <p>Consistency is the goal today as you walk for 30 minutes. Set your pace and hold it!</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Really focus on doing the exercises correctly. Check out the <a href="#">Strength and Flexibility Training Guide</a> for tips on form.</p>	<p><b>Walk for 30 minutes at a moderate to brisk pace.</b></p> <p>Go for a 30 minute walk and try to push your pace a bit harder than before.</p>	<p><b>Rest and recover.</b></p> <p>Rest days should enhance and complement intense workouts. Don't go too hard when you should be recovering or you could be at risk of injury or fatigue.</p>
<p><b>Week 6</b></p> <p><b>Do a strength and flexibility workout or walk for 30 minutes at a brisk pace.</b></p> <p>Do a strength and flexibility session or walk for 30 minutes at a brisk pace.</p>	<p><b>Walk for 30 minutes at a brisk pace.</b></p> <p>Go for a 30 minute walk and really push your pace.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>As your walks are getting longer, remember that strength training can minimise aches and joint discomfort.</p>	<p><b>Walk for 20 minutes at a brisk pace.</b></p> <p>Today the duration is a bit shorter, so really push your pace.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Ready to take your strength and flexibility training up a notch? Try the progressions outlined in the <a href="#">Strength and Flexibility Training Guide</a>.</p>	<p><b>Walk for 40 minutes at a moderate pace.</b></p> <p>Today is a great day to walk with a friend over the slower pace and longer duration.</p>	<p><b>Rest and recover.</b></p> <p>Resting doesn't mean being inactive. You should aim to move as much as possible every day but some days should be less intense than others.</p>
<p><b>Week 7</b></p> <p><b>Do a strength and flexibility workout or walk for 20 minutes at a brisk pace.</b></p> <p>Do a strength and flexibility session or walk for 20 minutes at a brisk pace.</p>	<p><b>Walk for 30 minutes at a brisk pace.</b></p> <p>Your fitness should have noticeably improved since you started this program. Try carrying some light hand weights as you walk 30 minutes to give yourself an extra workout.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Many of the strength exercises target your core, which will help you avoid back pain while making you faster.</p>	<p><b>Walk for 45 minutes at a moderate pace.</b></p> <p>Consistency is the goal today as you walk for 45 minutes. Set your pace and hold it!</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Really focus on the static stretches as you follow the <a href="#">Strength and Flexibility Training Guide</a>.</p>	<p><b>Walk for 30 minutes at a brisk pace.</b></p> <p>You've nearly made it to race day! Take note of how good you're feeling during today's 30 minute walk.</p>	<p><b>Rest and recover.</b></p> <p>Go for a walk or bike ride to get your blood moving.</p>
<p><b>Week 8</b></p> <p><b>Do a strength and flexibility workout.</b></p> <p>Do the strength and flexibility exercises.</p>	<p><b>Walk for 45 minutes at a moderate pace.</b></p> <p>Go for a 45 minute walk, pushing yourself to hold a moderate pace over the entire duration. Take a moment and consider how far you've come since the first week!</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Remember that strength and flexibility training plays an important role in preventing injury - which is particularly important in the final lead up to race day.</p>	<p><b>Walk for 30 minutes at a moderate pace.</b></p> <p>You're in the final stretch! Today is your last walk before race day. Focus on holding a consistent pace as you walk for 30 minutes.</p>	<p><b>Work on your strength and flexibility.</b></p> <p>Race day is just around the corner, so be sure to spend some extra time on the static stretches.</p>	<p><b>Rest and recover.</b></p> <p>Minimise your time on your feet while you get ready for tomorrow - lay out your gear, plan how you're getting to the start line and hydrate!</p>	<p><b>Race day.</b></p> <p><b>Today's the day!</b> Good luck with your 4km walk. Remember to stretch, stay hydrated and have fun.</p>