

5K-PHOENIX PARK
NOVEMBER 9TH



REMEMBRANCE
RUN
2014



week 3

walk training programme

the programme

The *fitWALK programme* is designed to support your preparations for the Remembrance Run on November 9th - to enable you complete the 5k in a time you can be proud of! If you are already reasonably active and fit you may wish to do more walking than is recommended in the early phases - BUT you will still find the tips on techniques useful.

week 3 better posture and footwork

In Week 1 we asked you to establish a regular routine by incorporating four short walking sessions into your week.

Last week we advised you to increase the duration of two of the four walks and to include some pre-walk loosening exercises and post-walk stretching exercises.

This week we want you to

1. to continue the routine of four walks per week
2. to increase the duration of all four walking sessions to 30mins.
3. give attention to better posture and footwork - this will automatically increase the intensity of your walking slightly.

consider buying walking shoes

As you start using your feet more consider investing in *proper* walking shoes - which will have been developed specifically to suit the mechanics of walking. A few tips

1. **Check the Label** - do they say walking?
2. **Look for Leather Shoes** which are more waterproof, stable, and longer lasting than synthetic mesh ones.
3. **spread your toes!** Your toes spread as they push off and the *toebox* of the shoe should allow this to happen. No part of the shoe should be catching your foot. When buying new shoes it is best to fit them later in the day when your feet have swollen to their maximum.
4. **check the heel!** Because of changes to posture you are now landing firmly on your heel. The heel of a walking shoe will be;
 - *rounded* to allow the natural rolling action of the foot.
 - *cushioned* to provide shock absorption to the joints. Most walking shoes use foam or gel to provide cushioning. The latest innovation in walking shoe technology is to build *wavesprings* into the heel and forefoot of shoes - providing cushioning and reducing impact for the life of the shoe (springs never wear out!).



For information on Spira Walking Shoes see www.fitwalkireland.com

Training Schedule Week 3

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk	Loosen 30min Posture & Footwork Stretch	Rest Day	Loosen 30min Posture & Footwork Stretch	Rest Day	Loosen 30min Posture & Footwork Stretch	Rest Day	Loosen 30min Posture & Footwork Stretch

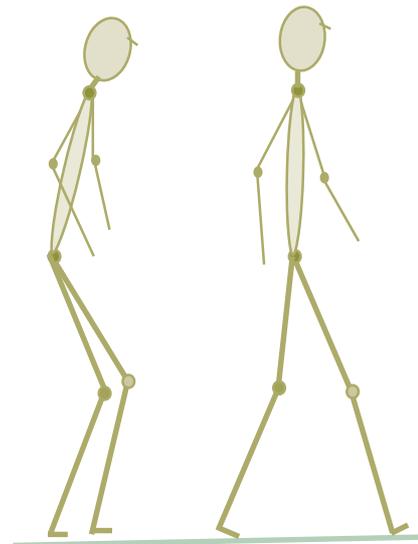
better posture

Good posture is a key element of fitness walking because;

- when you walk with your head and shoulders forward means gravity helps you along - which means it's actually less effort, less energy expenditure and fewer calories burned! By contrast, when you walk with head up, shoulders back, and trunk vertical, you work harder every step you take and burn 10-15% more calories than with a forward lean.
- when you walk with head and shoulders tilted forward you step *heavier*. This *plodding* action puts pressure on the joints of ankles, knees, hips and lower back. Good posture relieves a lot of this pressure.

1. heads up! As you walk, slowly raise your head and focus on the horizon (you can look at the ground by lowering your eyes - not your head!). This action will reduce the *impact* on each step to your ankle, knee and hip joints. As you raise your head you will *feel your steps get lighter!*

2. shoulders up, back and down! Slowly lift your shoulders up, roll them back, and push them downward into a relaxed position (*up, back and down!*). Think about increasing the distance between your ears and shoulders! This action shifts your weight backwards and you will find that you are landing on your heels - not flat-footed as before.



better footwork

In general, we under-utilise our feet when walking - we simply use them to land on! This is a pity because, if they are used to good effect, our feet can help

- propel us along at a faster speed;
- burn more calories. This happens because we are engaging more muscles than in *normal* walking - in particular muscles in our feet and our lower legs (calves and shins).

1. heel plant!

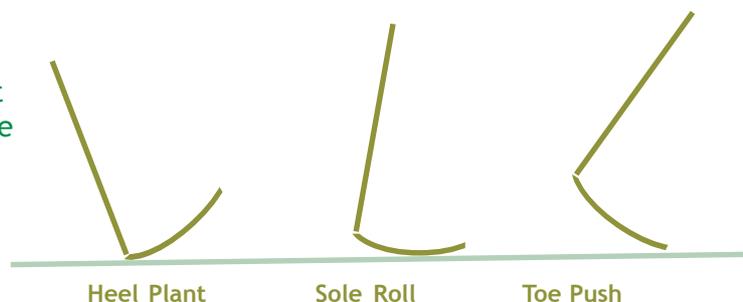
Good footwork starts with good posture! The position of your head and shoulders (outlined above) will result in you firmly *planting your heel* on landing.

2. sole roll!

After planting your heel, focus on *rolling* through the ball of your foot - keeping your weight on the outside of your foot as you do so.

3. toe push!

The last part of the foot action is to *push off* through all your toes (not just your big toe).



[Note: Take care not to do long sessions of footwork in the early stages - it can be quite painful on shins. Instead, engage your feet for short sections of your walks - gradually increase the distances.]