

5K-PHOENIX PARK
NOVEMBER 9TH



REMEMBRANCE
RUN
2014



week 4

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 4 increasing the intensity!

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

In Week 2 we advised you to include some pre-walk loosening exercises and post-walk stretching exercises.

Last week we asked you to increase the duration of all four walking sessions to 30mins and to give attention to your posture and footwork.

This week we suggest that

1. you increase the duration of two walks to 40mins; and
2. increase the intensity of two walks from low intensity (easy) to **moderate intensity** (a little more challenging!).



Training Schedule Week 4

Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk	Loosen 40min EASY Posture & Footwork Stretch	Rest Day	Loosen 30min with 5mins Moderate Intensity Posture & Footwork Stretch	Rest Day	Loosen 40min EASY Posture & Footwork Stretch	Rest Day	Loosen 30min with 10mins Moderate Intensity Posture & Footwork Stretch

increasing intensity

In order to get better fitness and fat loss benefits, some of your walking sessions should include a period during which you walk at **moderate intensity**. At *moderate intensity* will make you feel *slightly uncomfortable* and your body will give you one or more of the following signals;

- breathing gets faster and deeper so that you are *phewing!*
- heart beats stronger to the point where you can feel it *bumping*
- your temperature rises so you are *glowing* (maybe a few beads of sweat on your brow)

There are a number of ways to increase the intensity of your walking. Try one or a combination of the following;

- **walking faster** but this is not comfortable for everyone.
- **improving your posture** Walking in a forward slump saves energy whereas walking in an upright posture you have to *drag* your body forward.
- **involving your arms** In many instances arms simply *dangle* along! Actively engaging the arms to *drive* forward uses more energy.
- **adding an incline** Hills or steps require more effort than flat ground.
- **soft ground** like a beach if there's one nearby!



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 good 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