

BEGINNERS' 10KM

WALKING PROGRAMME

Can you walk 5 km or walk for about 50 minutes, and now want to try to stretch yourself to a 10 km walk?
We can help you reach this goal with this training programme.






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.

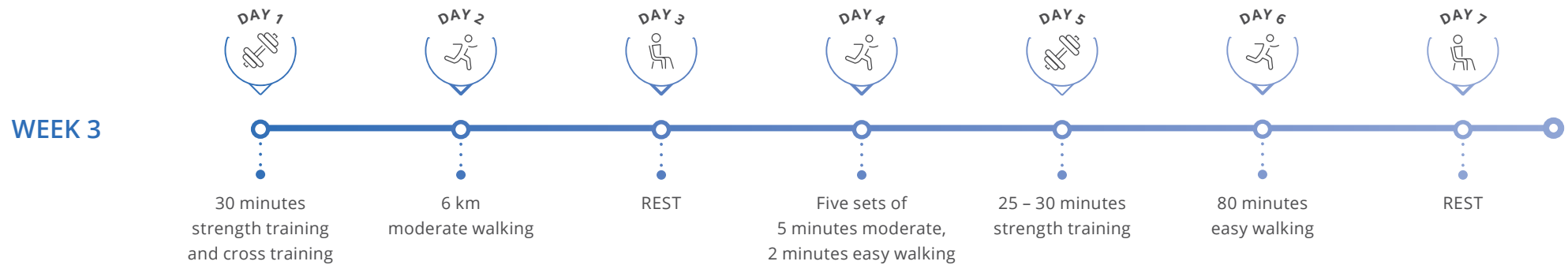
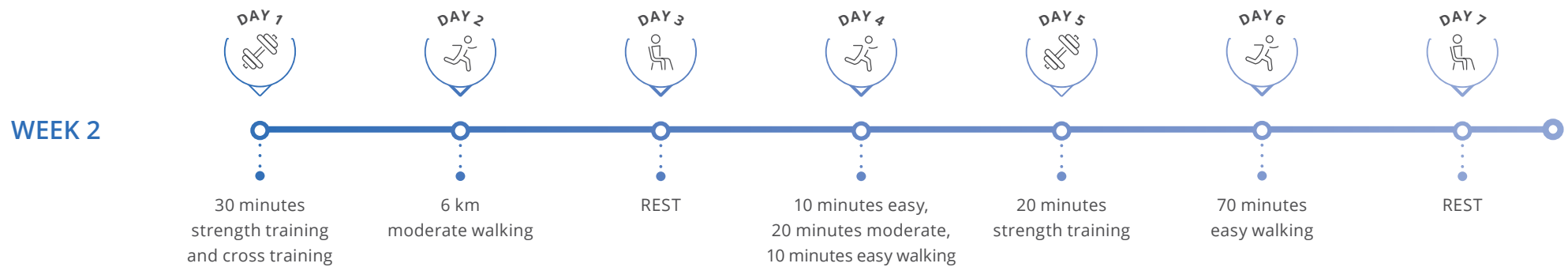
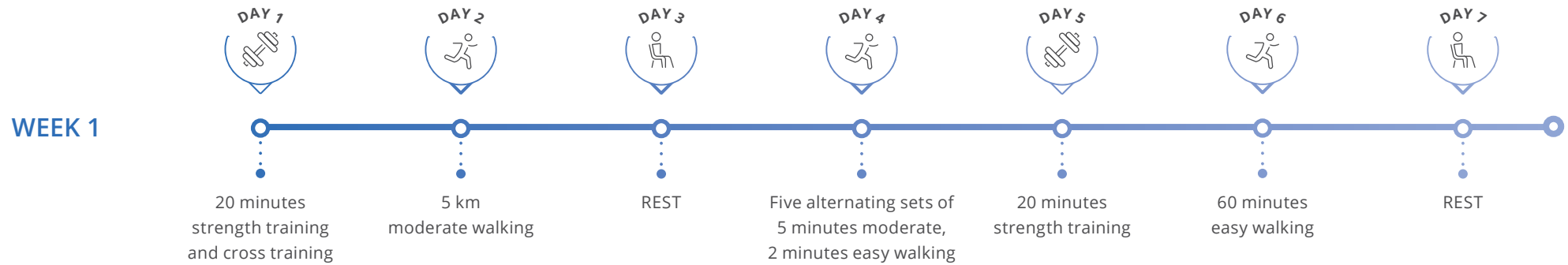
CHAT TO HEALTHY COMPANY FOR FREE ADVICE

Healthy Company is here for you. Contact us through the Discovery app, www.discovery.co.za or 0800 320 420

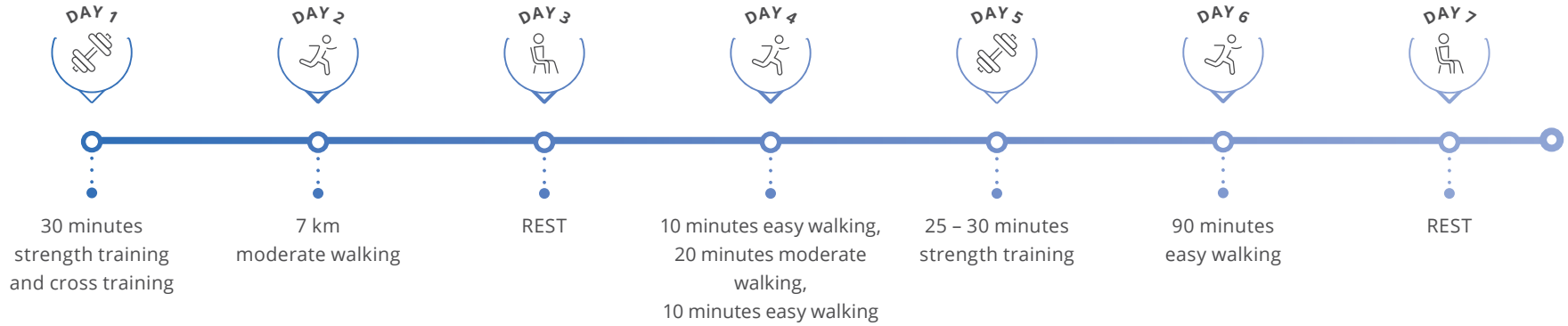
DEFINITIONS AND GUIDELINES

-  **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

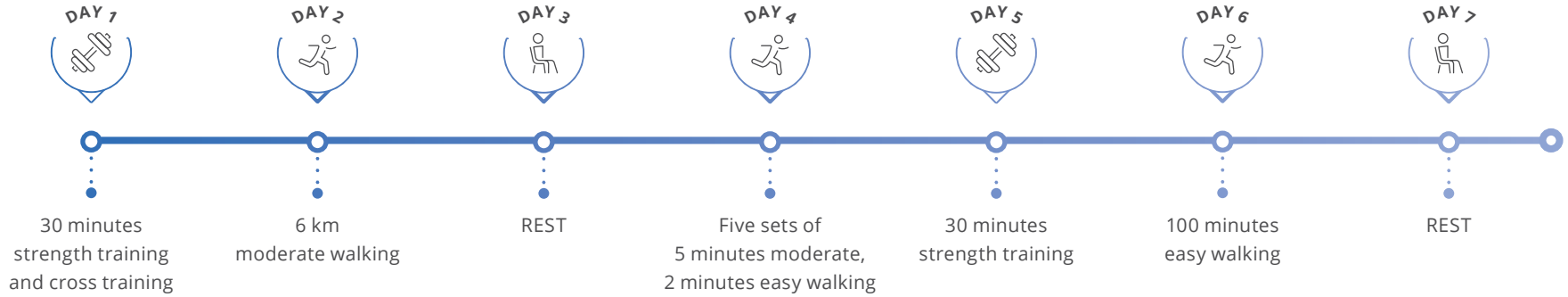
THE PROGRAMME



WEEK 4



WEEK 5



WEEK 6

