



V5k Wairepo5k

October 31st.

1.30 – 4.00pm

10 Week training Programme for Walkers

Before commencing this programme we suggest you complete a short free health check, contact Penny on 546 8385 to arrange. Enquiries to Gareth, Victory Community Centre, ph 546 8389.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10minutes	Rest	10minutes	10minutes	Rest	10minutes	Rest
2	10minutes	Rest	10minutes	10minutes	Rest	15minutes	Rest
3	10minutes	Rest	15 minutes	Rest	10minutes	20minutes	Rest
4	15minutes	Rest	20 minutes	Rest	15minutes	25minutes	Rest
5	20minutes	Rest	25 minutes	Rest	20minutes	30minutes	Rest
6	25minutes	Rest	30 minutes	Rest	15minutes	40minutes	Rest
7	25minutes	Rest	30 minutes	Rest	15minutes	50minutes	20minutes
8	20minutes	Rest	35 minutes	Rest	20minutes	55minutes	Rest
9	20minutes	Rest	30 minutes	Rest	20minutes	1 hour	20minutes
10	Rest	Rest	Rest	20minutes	Rest	V5k	Rest

Walk at a pace that you would be able to talk comfortably.

Wear footwear which is suitable for walking.

Always make your sessions longer before you make them harder.

Use any extra time you have to walk to the grocery store; walk with the friend you wanted to chat to on the phone; walk to work; make the most of stairs during the day.

If you are walking early in the morning or in the evening – make sure you can be seen. Wear reflective clothing or carry a light. Keep off the road.



KNOW YOUR NUMBERS[®]

