

Beginner 1 “Walk & stretch”

12 weeks

This introductory programme is suitable for those who do not wish to start running straight away eg because you want to lose some weight before starting to run. Others may wish to start at the next “Beginner 2” programme

Alternating brisk walking with a normal pace to recover allows you to build fitness faster than walking at a constant speed. If you can find some hills to walk up that will help too.

Week	Walking time	Stretching (5 mins)
1	20	Hands above head
2	25	1 arm against wall left and right
3	25	Arms behind back
4	30	Arm touching middle of back left and right
5	35	Arms down by side left and right
6	35	Quadriceps
7	40	Calf stretch
8	45	Hamstrings
9	45	Spine extension
10	50	Sit on ground:
11	50	Touch toes left and right
12	55	Cross foot over knee
		Feet together, knees out to side
		<i>(See website for pictures & video of the stretches and exercises)</i>

Notes

- To warm up walk at a normal pace for 5 minutes
- Alternate 1 minute brisk walking with 2 minutes normal speed to recover
- Do the session three times a week
- You can use a GPS tracking app (eg Strava) to track your distance and speed.
- Do the stretches at the end when your muscles are warmed up - see website for pictures and videos of the stretches

Other ways to increase your activity levels

- Take stairs where possible and climb them quickly
- Avoid long periods of sitting down – trying to move around every half an hour, do some tasks stood up eg phonecalls
- You can use a pedometer to track how many steps you walk each day and look at ways to build more movement into your daily routine

Disclaimer

The exercise programmes are a guide and you may need to modify them to your situation so that you are exercising within your capabilities. The use of these programmes is “at your own risk” and Active Buddy Training cannot accept any liability for injuries sustained or provide personal medical advice. It is normal to feel sore sometimes!