

FIT FOR WALKING


Training tips



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CANCER SUPPORT



Working together to improve the
lives of everyone living with cancer.

A woman with short blonde hair, wearing an orange long-sleeved shirt and black shorts, is hiking through a forest. She has a large black backpack on her back and is captured in a side profile, looking forward. The background is filled with green trees and foliage, suggesting a natural, outdoor setting. The lighting is bright, indicating it's daytime.

Want a new fitness program, but don't know where to start? It's easy. Walking is one of the simplest and most rewarding forms of exercise. All you need is a good pair of shoes, comfortable clothing and the will to get going.

LET'S GET TRAINING

12 Week Beginners Schedule

If you're having a hard time getting started, here is an easy-to-follow schedule for beginners of any level. It starts with 15 minute walks and gently builds up to have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes, so be sure to stretch after your walks.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	15 mins	15 mins	20 mins	15 mins	20 mins	15 mins	20 mins
Week 2	15 mins	20 mins	20 mins	15 mins	20 mins	15 mins	25 mins
Week 3	15 mins	20 mins	20 mins	15 mins	20 mins	15 mins	25 mins
Week 4	20 mins	30 mins	20 mins	20 mins	25 mins	20 mins	30 mins
Week 5	20 mins	30 mins	30 mins	20 mins	30 mins	20 mins	35 mins
Week 6	25 mins	20 mins	30 mins	25 mins	30 mins	25 mins	40 mins
Week 7	25 mins	30 mins	40 mins	30 mins	30 mins	30 mins	40 mins
Week 8	25 mins	30 mins	40 mins	30 mins	40 mins	30 mins	50 mins
Week 9	30 mins	40 mins	40 mins	30 mins	40 mins	40 mins	50 mins
Week 10	30 mins	40 mins	50 mins	30 mins	50 mins	40 mins	50 mins
Week 11	40 mins	40 mins	50 mins	40 mins	50 mins	40 mins	50 mins
Week 12	40 mins	40 mins	60 mins	40 mins	60 mins	40 mins	60 mins

This training guide is just that, a 'guide'. We understand that your work, family and fundraising commitments mean you might not be able to follow it to the letter. But you can maximise your training time by making some small changes to your routine.

- Get up an hour earlier and go out for a quick walk in the morning before work. It will get you moving and energised for the day.
- If you can walk to work, do so. If you get to work with public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route from the car park to your office.
- Use your lunchtimes to take regular brisk walks around where you work, instead of that stroll around the shops.
- Try to get out to hilly countryside at the weekends to experience walking on different surfaces and gradients.

The wonders of walking

Walking is easy to get into because it:

- can be done almost anywhere
- is easy on your joints
- requires no equipment
- allows time with family and friends
- is free and open to anyone.

Walking can help:

- strengthen your heart
- improve circulation and breathing
- tone muscles and strengthen bones
- reduce blood fat and cholesterol
- burn calories
- strengthen back muscles
- reduce the risk of heart disease and diabetes
- slim your waist
- lower blood pressure
- shape and tone your legs and bum
- cut cholesterol
- reduce stress so you sleep better.

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Walk this way – techniques to avoid injury and discomfort

Touch the ground heel first. Then roll forward through the arch and over the ball of your foot to your toes, which push off to start another step. This reduces the risk of shin splints and tendon pulls.

Start your walk at a slow, warm-up pace and do a few flexibility drills. Walk for the desired amount of time and finish off with a slower pace to cool down. Stretch well after your walk to help muscles feel good and prevent strains.

The faster you move, the better your cardiovascular workout. But try to keep an even stride and maintain a steady pace. To walk faster, accelerate your arm movements and take smaller, quicker steps.

While walking:

Keep your shoulders level, pulled back and down, lift your chest.

Contract your abdominal muscles, pressing them towards your spine.

Carry your arms at 90° angles and pump them forward and back, rather than side to side.

Avoid leaning forward and arching your back to prevent lower back pain.

Make sure you drink plenty of water before, during, and after walking.

Footwear

Choose a comfortable pair of shoes designed specifically for walking. It is worth investing in a good pair of hiking boots and appropriate socks. They should have a reasonably high ankle and a stiff heel counter to give lateral support. The midsole should be firm yet comfortable.

New boots must be worn in

Wear them around the house, on the way to work, and then on longer trips. Once they have conformed to the shape of your feet there is less likelihood of getting blisters.

Put your best foot forward

There are some common foot problems which are very easy to treat and avoid.

Blisters

Keep your feet dry and wear socks made with fibres which draw moisture away from your skin - steer clear of pure cotton. Don't lace your boots too tightly or too loosely. The irritation from the pinching and rubbing may cause blisters.

Aching arches

Usually caused by pounding when you walk. Make sure you touch the ground with your heel first and push off with your toe. Arch supports may help.

Blackened toenails

Caused by the big toe hitting the front of your shoe. Keep your toenails neatly trimmed. Make sure that if one of your feet is slightly larger than the other, as most are, your boots are fit to the larger one.

For more information visit [macmillan.org.uk/walking](https://www.macmillan.org.uk/walking)

Some of the information enclosed is from www.thewalkingsite.com



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