

# Dumfries

# Run 4 Health

## Training Plan For Walking

\*\*\*PLEASE START EACH SESSION WITH A 5 MINUTE WALK TO WARM UP AND FINISH WITH A 5 MINUTE WALK TO COOL DOWN. THIS SHOULD BE AT YOUR NORMAL WALKING PACE.

### Monday 25 April – Sunday 1 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk walk 15 mins	REST	Brisk walk 15 mins	REST	Brisk walk 15 mins	REST	REST

### Monday 2 May – Sunday 8 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brisk walk 7 mins Walk easy 3 mins Brisk walk 7 mins	REST	Very brisk walk 90 secs Walk easy 90 secs REPEAT 6 TIMES	REST	Brisk walk 7 mins Walk easy 3 mins Brisk walk 7 mins	REST	REST

### Monday 9 May – Sunday 15 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 90 secs Walk easy 90 secs REPEAT 6 TIMES	REST	Brisk walk 15 mins	REST	Brisk walk 8 mins Walk easy 3 mins Brisk walk 8 mins	REST	REST

### Monday 16 May – Sunday 22 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 90 secs Walk easy 90 secs REPEAT 6 TIMES	REST	Brisk walk 15 mins	REST	Very brisk walk 2 mins Walk easy 1 min REPEAT 6 TIMES	REST	Brisk walk 5 mins

### Monday 23 May – Sunday 29 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 2 mins Walk easy 1 min REPEAT 7 TIMES	REST	Brisk walk 20 mins	REST	Very brisk walk 3 mins Walk easy 2 mins REPEAT 5 TIMES	REST	Brisk walk 10 mins

### Monday 30 May – Sunday 5 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 5 mins Walk easy 1 min REPEAT 4 TIMES	REST	Brisk walk 20 mins	REST	Brisk walk 15 mins	REST	Brisk walk 20 mins

### Monday 6 June – Sunday 12 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 6 mins Walk easy 1 min REPEAT 3 TIMES	REST	Brisk walk 25 mins	REST	Brisk walk 15 mins	REST	3 mile timed walk

### Monday 13 June – Sunday 19 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 10 mins Walk easy 5 mins Very brisk walk 10 mins	REST	Brisk walk 20 mins	REST	Brisk walk 15 mins	REST	3 mile timed walk

### Monday 20 June – Sunday 26 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Very brisk walk 5 mins Walk easy 1 min REPEAT 4 TIMES	REST	Brisk walk 10 mins	REST	REST	REST	<b>Run 4 Health GOOD LUCK!!!</b>

The Profiles Plus Team have designed training plans to support individuals who want to take part in this year's Run 4 Health. **MAKE IT YOUR GOAL TO TAKE PART IN 2011 – YOU CAN DO IT!!!**

The training plans are suitable for men, women, boys and girls of all ages and abilities with a plan for those who want to run and a separate plan for those who want to walk. The plans are a suggestion and should be adapted to suit your work and home life and the days of the week that it is most convenient for you to exercise. As with all exercise programmes you should always do some gentle movement warm-up exercises beforehand and some stretching exercises to cool-down afterwards. Please consult your GP before commencing if you have any health concerns. **GOOD LUCK!**

# Dumfries

# Run 4 Health

## Training Plan For Running

### Monday 25 April – Sunday 1 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 2 mins Walk for 4 mins REPEAT 4 TIMES	REST	Run for 2 mins Walk for 4 mins REPEAT 4 TIMES	REST	Run for 2 mins Walk for 4 mins REPEAT 4 TIMES	REST	Run for 3 mins Walk for 3 mins REPEAT 4 TIMES

### Monday 2 May – Sunday 8 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 3 mins Walk for 3 mins REPEAT 4 TIMES	REST	Run for 3 mins Walk for 3 mins REPEAT 4 TIMES	REST	Run for 3 mins Walk for 3 mins REPEAT 4 TIMES	REST	Run for 5 mins Walk for 2 mins REPEAT 4 TIMES

### Monday 9 May – Sunday 15 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 5 mins Walk for 2 mins REPEAT 4 TIMES	REST	Run for 5 mins Walk for 2 mins REPEAT 4 TIMES	REST	Run for 5 mins Walk for 2 mins REPEAT 4 TIMES	REST	Run for 7 mins Walk for 2 mins REPEAT 3 TIMES

### Monday 16 May – Sunday 22 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 7 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 7 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 7 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 8 mins Walk for 2 mins REPEAT 3 TIMES

### Monday 23 May – Sunday 29 May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 8 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 8 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 8 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 10 mins Walk for 2 mins REPEAT 3 TIMES

### Monday 30 May – Sunday 5 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 10 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 10 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 10 mins Walk for 2 mins REPEAT 3 TIMES	REST	Run for 12 mins Walk for 2 mins REPEAT 2 TIMES

### Monday 6 June – Sunday 12 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 12 mins Walk for 2 mins REPEAT 2 TIMES	REST	Run for 12 mins Walk for 2 mins REPEAT 2 TIMES	REST	Run for 12 mins Walk for 2 mins REPEAT 2 TIMES	REST	Run for 15 mins Walk for 2 mins REPEAT 2 TIMES

### Monday 13 June – Sunday 19 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 15 mins Walk for 2 mins REPEAT 2 TIMES	REST	Run for 15 mins Walk for 1 mins REPEAT 2 TIMES	REST	Run for 15 mins Walk for 1 mins REPEAT 2 TIMES	REST	Run for 30 mins

### Monday 20 June – Sunday 26 June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Run for 30 mins	REST	Run for 20 mins	REST	REST	REST	<b>Run 4 Health GOOD LUCK!!!</b>

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