

# Walking Program – A Workout!

"Walking is man's best medicine." -Hippocrates



## Top 6 Reasons to Walk

1. **Walking prevents type 2 diabetes.** Walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
2. **Walking strengthens your heart.** Mortality rates among retired men who walked less than one mile per day were nearly twice that among those who walked more than two miles per day. Women who walked three hours or more per week reduced their risk of a heart attack or other coronary event by 35% compared with women who did not walk.
3. **Walking is good for your brain.** Women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week.
4. **Walking is good for your bones.** Postmenopausal women who walk around one mile each day have higher whole-body bone density than women who walk shorter distances. It is also effective in slowing the rate of bone loss from the legs.
5. **Walking helps alleviate symptoms of depression.** Walking for 30 minutes, three to five times per week for 12 weeks reduced symptoms of depression as measured with a standard depression questionnaire by 47%.
6. **Walking reduces the risk of breast and colon cancer.** Women who performed the 1h 15min – 2.5h per week of brisk walking had an 18% decreased risk of breast cancer compared with inactive women. Many studies have shown that exercise can prevent colon cancer, and even if an individual person develops colon cancer, exercise can increase quality of life and reduce mortality – for both men and women.

## Is Walking Really a Workout?



When you **briskly walk** at speeds faster than 3.1 mph, your stride length naturally increases. Lengthening your stride is inefficient because it requires additional energy to move your legs, arms, torso, and hips, which amounts to **higher aerobic demands and more calorie-burning**. This has been confirmed in the laboratory. The research shows that at maximal levels of exertion, oxygen consumption (the bottom line to cardiorespiratory fitness) is only slightly lower for racewalkers than it is for runners, and at submaximal or moderate-intense levels of exercise, oxygen consumption levels between race walkers and runners are almost equal!

## Great! How Do I Start?

### **For beginners (concerned about motivation or ability to walk far):**

Five minutes out, five minutes back plan: Walk out for five minutes, turn around, and walk back. If you want, start with 10 minutes out, 10 minutes back. Increase by two to three minutes per week and before you know it you'll be up to 30 minutes.

### **For power walkers (aka speed walking):**

Start with normal pace for 5-10 minutes as a warm up. Start power-walking with 10-15 minutes the first few times and finish up your 30 minutes at a normal walking pace.



## Walking Program: Interval Training

Once you reach a baseline of 30 minutes of power-walking, you can speed up even more by training with intervals. **Intervals are where you set up work to active rest ratios (work:active rest)** to push your body and improve your cardiorespiratory fitness. You will improve after six to eight weeks if you continue with this type of training. You may even notice more endurance after just one or two sessions.

Week	Task	Time
1	Walk at normal pace	3 min
	Increase speed	1 min
	Normal pace	3 min
Repeat cycle until reach total time 30 min		
2	Walk at 3.5 mph	10 min
	Increase speed to 3.8 mph	1 min
	Walk at 3.5 mph	3 min
	Increase speed to 3.8 mph	1 min
Repeat cycle until reach total time 30 min		
3	Walk at 3.5 mph	10 min
	Increase speed to 3.8 mph	1.5 min
	Walk at 3.5 mph	2.5 min
	Increase speed to 3.8 mph	1.5 min
Repeat cycle until reach total time 30 min		

## Calories burned in one hour at different body weights

Walking	110 lbs.	125 lbs.	150 lbs.	175 lbs.	200 lbs.
Strolling less than 2 mph, level	100	114	136	159	182
Moderate pace about 3 mph	175	199	239	278	318
Brisk pace about 3.5 mph	200	227	273	318	364
Very brisk pace about 4.5 mph	225	256	307	358	409
Moderate pace about 3 mph, uphill	300	341	409	477	545



## Helpful Resources

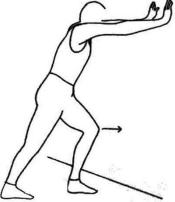
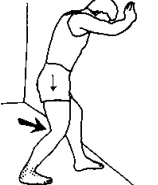

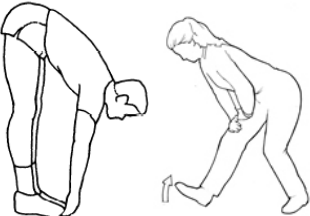
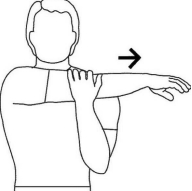

<http://www.mapmyrun.com/>

<http://runkeeper.com/running-app> for iPhones and Androids

Resources: <http://www.medicinenet.com/>

## Stretches

Stretching will add flexibility and can make your walking more comfortable. Stretches are best done after you have warmed up (walked at a normal pace for 5-10 minutes) and/or at the end of your walk. Never stretch cold muscles or you risk tearing them.

<p><b>Calf Stretch</b></p> 	<p>Stand an arm's length from the wall. Lean into wall, bracing yourself with your arms. Place one leg forward with knee bent - this leg will have no weight put on it. Keep other leg back with knee straight and heel down. Keeping back straight, move hips toward wall until you feel a stretch in the lower part of your leg. Hold 30 seconds. Repeat with other leg.</p>
<p><b>Soleus Calf Stretch</b></p> 	<p>From the calf stretch position, bend the back knee in while keeping heel on the floor. Hold 30 seconds. Then switch legs.</p>
<p><b>Quadriceps Stretch</b></p> 	<p>Stand erect, holding onto a wall for support. Bend your knee behind you so you can grasp your foot, holding your heel against your butt. Standing upright and keeping your knees together, flex your foot down and tilt your pelvis forward. Hold for 30 seconds, then switch.</p>
<p><b>Hamstring and Lower Back</b></p> 	<p>Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable. Hold at least 15 seconds. Then, standing upright, bring your right leg forward and turn your toe up. Bring your chest towards your knee, keeping your back straight. Hold for 30 seconds. Switch legs.</p>
<p><b>Shoulder Stretch</b></p> 	<p>Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold for 30 seconds. Repeat stretch with other arm.</p>
<p><b>Neck Relaxer</b></p> 	<p>Turn and look over your right shoulder and hold. Repeat on the left side. Next, gently drop the head so that the right ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side.</p>