

7. The Running and Walking Strength Circuit



This is a great way to add variety to your walk or run, plus adding strength exercises gives better all round fitness.

A To warm up, start by walking or jogging very gently. If you haven't run before, start this at a walking pace. Add in 20 - 30 seconds of running as you start to get fitter. Also try some mobilising exercises to give you a more thorough warm up, e.g. as you are walking try coming up onto your toes and down onto your heels, lifting your knees, and curling your legs back to bring your heels to your bottom. Do 10 of each movement and repeat. Finally swing your arms back and forth. Warm up for a minimum of 5 minutes.

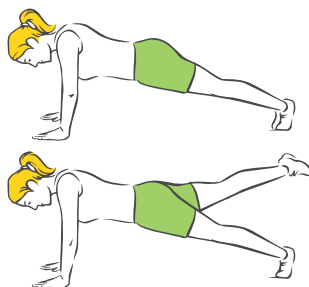
B Pick up the pace by walking briskly or going into a run. Walk or run for 2 minutes.

C Find a bench, low wall or step and do some slow step ups. Aim for a bench that's 10 or more inches high or go up two steps at a time. Go very slowly, making sure you stand up tall and keep the whole of your foot on the step (see step up tips in 'Intense Cardio Workout'). Repeat 15 - 20 steps on each foot.



D Walk or run for a further 2 minutes.

E Find another bench or low wall. Place your hands on the wall or bench, and perform a 'press and leg pull' as described in 'Strength and Cardio Circuit'.



You can do the harder version of this exercise with your knees off the ground. The step or bench makes it easier to manage. If you find it too easy, work on a lower bench or on the ground. Repeat 6 - 12 press ups and 3 - 6 leg pulls on each side.

Repeat steps 'b' to 'e' for a 10 minute workout. Remember to stretch out afterwards by following one of the YELLOW zone workouts.

ALSO TRY: 'STRENGTH AND CARDIO CIRCUIT', CIRCUIT CLASSES, TEAM AND RACQUET SPORTS, GYM WORKOUTS AND COMBAT CLASSES

How to exercise safely

- Wear comfortable clothing that allows your skin to breathe and a good pair of supportive training shoes
- Ladies should always wear a supportive sports bra – doesn't matter how big or small you are!
- Aim to eat a small meal 2 hours before a workout or a snack, like a banana, 20 minutes before
- Drink water before, during and after your workouts
- Make sure you pick activities to suit your fitness level. See the 'activity zone' table
- Spread out your workouts over the week and aim to alternate days where you do more GREEN or more RED exercise. Always have a day where you completely rest from GREEN and RED, doing more gentle BLUE or YELLOW zone activities
- If you are pregnant or recently had a baby you need to keep your intensity low and should always consult with a doctor before exercising. Some exercise will need to be adapted to suit you so please get help from a qualified instructor
- Always warm up and cool down for intense workouts (GREEN and RED). YELLOW and BLUE workouts have their own built-in warm up phase
- If you feel any pain when exercising stop immediately and re-assess what you are doing
- If your muscles feel achy the day after a workout, take it easier the next day. Do some more gentle workouts from the YELLOW and BLUE zones

