

An example of a cardiorespiratory fitness training walking programme

This programme will not be suitable for all individuals. Each exercise programme needs to be tailored for each individual. If you have not participated in regular exercise recently, you will need to be cleared to do so by your Doctor.

Intensity: You should work at a level so that you can still talk, but you are puffing when talking.

Frequency: 5 times a week.

Duration: Each session should last at least 30 minutes, preferably 60 minutes. You can combine types of exercise to make up the exercise time, for example 20 minutes walking, and 10 minutes on stairs. Initially you may need to rest or slow down during the 30 minutes, but the aim is to build up to 60 minutes of continuous exercise.

Type: Walking:

Level 1: -outside walking. Pick a walking circuit near your house or at a local park. As a starting point, you should be able to walk between 2 to 3 km in 30 minutes.

-if you have access to a treadmill, you could use this instead. You are currently walking at a speed of 5 km/hr at an incline of up to 5% for 30 minutes.

Level 2: To make this activity harder:

-increase the speed you are walking
-add hills into your circuit

Week 1:

Date:					
Description of where walked:					
Time (min):					

Week 2:

Date:					
Description of where walked:					
Time (min):					

Week 3:

Date:					
Description of where walked:					
Time (min):					

Week 5:

Date:					
Description of where walked:					
Time (min):					