



Fitness Programme

Week 1	Week 2	Week 3	Week 4	Week 5
<p>To be carried out 3 times a week</p> <p>Walking - 10 minutes nice and easy</p> <p>3 sets x 10 reps - Step-ups</p> <p>3 Sets x 10 reps - Lunges</p>	<p>To be carried out 3 times a week</p> <p>Walking for 5 minutes followed by an easy jog for 2 minutes (repeat this 5 times)</p> <p>3 sets x 10 reps - Step-ups</p> <p>3 sets x 10 reps - Lunges</p> <p>3 sets x 10 reps - Sit-ups</p>	<p>To be carried out 3 times a week</p> <p>Walking - 20 minutes nice and easy</p> <p>3 sets x 15 reps - Step-ups</p> <p>3 sets x 15 reps - Lunges</p> <p>3 sets x 15 reps - Sit-ups</p>	<p>To be carried out 3 times a week</p> <p>Walk for 10 minutes followed by easy jog for 5 minutes (repeat this 3 times)</p> <p>3 sets x 15 reps - Step-ups</p> <p>3 sets x 15 reps - Lunges</p> <p>3 sets x 15 reps - Sit-ups</p>	<p>SESSION ONE (twice this week)</p> <p>Walking - 1 hr at a brisk pace</p> <p>3 sets x 10 reps - Step-ups</p> <p>3 sets x 10 reps - Lunges</p> <p>3 sets x 10 reps - Sit-ups</p> <p>SESSION TWO (once this week)</p> <p>Easy jog for 30 minutes</p>
Week 6	Week 7	Week 8	Week 9	Week 10
<p>SESSION ONE (twice this week)</p> <p>Walking - 1 hr 30 minutes at a brisk pace</p> <p>3 sets x 15 reps - Step-ups</p> <p>3 sets x 15 reps - Lunges</p> <p>3 sets x 15 reps - Sit-ups</p> <p>SESSION TWO (once this week)</p> <p>Easy jog for 30 minutes</p>	<p>SESSION ONE (once this week)</p> <p>Walking - 2 hrs at a brisk pace</p> <p>SESSION TWO (3 times this week)</p> <p>Easy jog - 45 minutes</p> <p>3 sets x 10 reps - Step-ups</p> <p>3 sets x 10 reps - Lunges</p> <p>3 sets x 10 reps - Sit-ups</p>	<p>SESSION ONE (once this week)</p> <p>Walking - 2 hrs at a brisk pace</p> <p>SESSION TWO (3 times this week)</p> <p>Easy jog - 45 minutes</p> <p>3 sets x 15 reps - Step-ups</p> <p>3 sets x 15 reps - Lunges</p> <p>3 sets x 10 reps - Sit-ups</p>	<p>SESSION ONE (once this week)</p> <p>Walking - 2 hrs 30 minutes at a brisk pace</p> <p>SESSION TWO (twice this week)</p> <p>Walking briskly 10 minutes followed by an easy jog for 10 mins (repeat this 3 times)</p> <p>3 sets x 20 reps - Step-ups</p> <p>3 sets x 20 reps - Lunges</p> <p>3 sets x 20 reps - Sit-ups</p>	<p>SESSION ONE (twice this week)</p> <p>Walking - brisk pace 30 minutes followed by an easy jog for 10 minutes (repeat twice)</p> <p><i>Good luck on the day</i></p> <p><i>Please remember to leave a full days rest before the event</i></p> <p>Good Luck and Well Done!</p>

PLEASE REMEMBER

- Try to walk with a partner
- Make sure you drink lots of water
- Rest if you need to
- Wear socks with your trainers or walking shoes to prevent blisters
- If you feel dizzy or faint then find a place to sit down immediately

Fitness Programme kindly prepared by David Lloyd Leisure

Designed and Printed by Olympus KeyMed

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