



# WALK FOR COVER



## TRAINING TIPS

### TRAINING PROGRAM

#### Week 1:

Day 1: 3km walk

Day 2: 5km walk

#### Week 2:

Day 1: 7km walk

Day 2: 9km walk

#### Week 3:

Day 1: 12km walk

Day 2: 15km walk

#### Week 4:

Day 1: 10km walk

Day 2: 7km walk

### TIPS FOR SUCCESS

#### Have a rest!

The program encourages you to walk twice per week. Try to break this up over the course of the week to include multiple rest days in between your exercise days to help manage the load on your body.

#### Mix it up!

Whilst walking on city-based tracks like The Tan and Albert Park Lake are great for the shorter distances, where possible, get out of the city and take a nice walk on a bush track for the longer distances. By doing this, you will also subject your body to different terrain, surfaces and environments, such as inclines and declines. This will have you more prepared for Walk for Cover!

#### Keep hydrated!

The daily recommendation is 2-3 litres, plus 500ml for every hour of exercise. Pro tip: Take a bottle with you on the longer distances.

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### Diet and supplements!

If you're new to exercise or don't generally walk longer distances, you may find you will have some soreness in your joints and muscles once beginning the program. A great way to combat this is through a high protein diet as well as adding supplements into your daily routine. Lean meat, poultry and fish are great sources of protein, however if you don't eat meat, beans, legumes and tofu are suitable substitutes. Magnesium is great for those sore muscles and fish oil will help reduce inflammation in your joints. Please refer to your health professional prior to adding any new supplements to your diet.

### Stretch, stretch, stretch!

Exercise and stretching are a match made in heaven! Stretching before and after your session will benefit your body in the following ways:

- Reduce risk of injury
- Decrease muscle stiffness
- Improve range of motion
- Improves functional movement
- Helps relieve post exercise aches and pains

**Goodlife.**  
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