



# Movement Plan

6 Week Walk/Run/Roll Plan  
For Beginners



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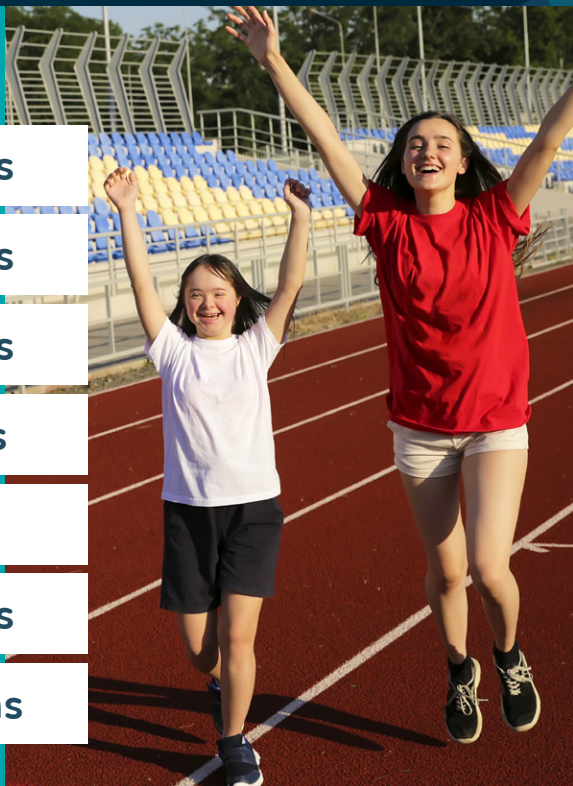
This 6 week movement plan has been created to help you to get started with exercise if you are a beginner. The plan will give you the confidence to build up your exercise levels gradually, starting with as little as 10 minutes per day.



**Please Note:** The plan has been reviewed by qualified fitness professionals. Photos are for illustrative purposes and do not reflect every condition or disability. The information provided is for guidance only and is not intended or implied to be a substitute for professional medical advice. It is recommended you seek medical advice before starting any new fitness programme or exercise plan.

## Week 1

Monday	10 mins
Tuesday	10 mins
Wednesday	10 mins
Thursday	15 mins
Friday	Rest
Saturday	10 mins
Sunday	20 mins



### Buddy Up

Getting out and about with someone else always makes exercise more enjoyable.

## Week 2

Monday	Rest
Tuesday	15 mins
Wednesday	15 mins
Thursday	15 mins
Friday	Rest
Saturday	15 mins
Sunday	25 mins



### Keep The Pace

Aim to move at a rate that is comfortable for you. You should be able to hold a conversation with your buddy but not be able to sing.

## Week 3

Monday	Rest
Tuesday	15 mins
Wednesday	15 mins
Thursday	15 mins
Friday	Rest
Saturday	15 mins
Sunday	25 mins



### Limber Up

Try to warm up before you get going. Walk/Run/Roll or push slowly and gradually build up your pace. Don't forget to cool down after and gently stretch your muscles to reduce stiffness.



## Week 4

Monday	Rest
Tuesday	15 mins
Wednesday	20 mins
Thursday	15 mins
Friday	20 mins
Saturday	20 mins
Sunday	30 mins

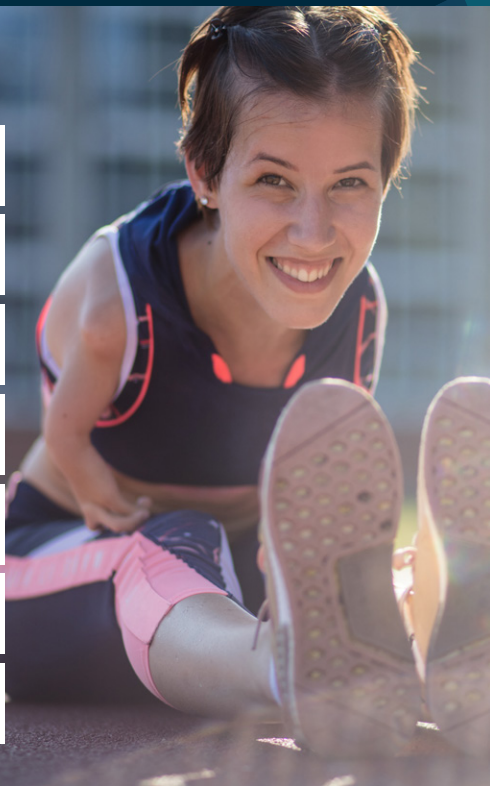


### Be Prepared

Make sure that you are wearing correct clothing and using the correct equipment when you are out and about. Good walking shoes, hand mitts and a water bottle will make your walk/run/roll a lot more enjoyable.

## Week 5

Monday	Rest
Tuesday	15 mins
Wednesday	25 mins
Thursday	20 mins
Friday	20 mins
Saturday	20 mins
Sunday	30 mins



### Stay Hydrated

It is important to stay hydrated while you are exercising. Always bring a bottle of water with you.

## Week 6

Monday	Rest
Tuesday	20 mins
Wednesday	25 mins
Thursday	20 mins
Friday	30 mins
Saturday	20 mins
Sunday	35 mins



### Enjoy Your Exercise

Enjoy yourself while out for a walk/run/roll. Use this time as 'me time'. You'll feel great after it and know that you are helping yourself to become more fit and healthy.



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