



MDC

Move

**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

GET MOVING

Weekly Movement Plan **Week 4**

SESSION 1

1.

**Warm up:
5 minute walk**

2.

**Walk briskly for
14 minutes**

3.

**Cool down:
5 minute walk**

SESSION 2

1.

**Warm up:
5 minute walk**

2.

**Walk briskly for
16 minutes**

3.

**Cool down:
5 minute walk**

SESSION 3

1.

**Warm up:
5 minute walk**

2.

**Walk briskly for
18 minutes**

3.

**Cool down:
5 minute walk**

TIP OF THE WEEK

As the sessions get longer, you might find you are getting a little out of breath. Make sure you are breathing deeply so the oxygen can get into your lungs. Often we get out of breath as our breathing is shallow or too quick. I often find giving my shoulders a bit of roll while I am moving helps me reset the body and it's ready to go again.



AIA Vitality

| HESTA |



9NEWS

