



**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 3**

GET MOVING

SESSION 1

1.
Warm up:
5 minute walk

2.
Walk briskly for
10 minutes

3.
Cool down:
5 minute walk

SESSION 2

1.
Warm up:
5 minute walk

2.
Walk briskly for
11 minutes

3.
Cool down:
5 minute walk

SESSION 3

1.
Warm up:
5 minute walk

2.
Walk briskly for
12 minutes

3.
Cool down:
5 minute walk

TIP OF THE WEEK

Remember it's not about being fastest or first. We just want you to get across the finish line at the Mother's Day Classic so stay consistent with your sessions and you will see how easy that becomes. We believe in you.



AIA Vitality

| **HESTA** |



9NEWS

SPORTAUS

