



**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

### STAY MOVING

Weekly Movement Plan **Week 4**

#### SESSION 1

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
5 minutes

**3.**

Walk for  
1 minute

**4.**

Repeat run/walk  
4 times

**5.**

Cool down:  
5 minute walk

#### SESSION 2

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
6 minutes

**3.**

Walk for  
2 minutes

**4.**

Repeat run/walk  
3 times

**5.**

Cool down:  
5 minute walk

#### SESSION 3

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
10 minutes

**3.**

Walk for  
5 minutes

**4.**

Repeat run/walk  
2 times

**5.**

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**

