



MDC

Move



Weekly Movement Plan **Week 3**

STAY MOVING

SESSION 1

1.

Warm up:
5 minute walk

2.

Run slowly for
5 minutes

3.

Walk for
2 minutes

4.

Repeat run/walk
3 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
8 minutes

3.

Walk for
3 minutes

4.

Repeat run/walk
2 times

5.

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





Positive mantra



What's yours?

Remember to come up with your personal positivity mantra this week.

Being the best mover you can be starts in your head.

When you have a positive mindset and believe in yourself, you're more likely to put in your best effort. Similarly, if you let your negative nelly hijack your runs, it's going to affect your performance.

A way to beat your mindset is to pick a positive mantra you can repeat over and over in your head when your run gets tough.

Your mantra needs to feel personal and something you relate to so that it will quieten down the voices in your head.

If you're feeling stuck or need some motivation – reach out to us. We're here for you every step of the way.

Movement resources at mothersdayclassic.com.au/mdc-move

MDC Move is supported by the Australian Government and managed by Sport Australia



Posture



Hints & tips

Keep an eye on your posture

Good posture when moving can not only help you stay injury free but can help you move faster and for longer. When you crouch or bend when moving, you're restricting your air supply, making it harder to breathe (which means you're out of breath quicker!).

You're also putting pressure on other parts of your body because it's out of alignment.

Here are a couple of tips to help you:

- ✓ Run tall
- ✓ Eyes ahead not on the ground
- ✓ Smile
- ✓ Relax your shoulders
- ✓ Focus on keeping your core strong
- ✓ Breathe deeply

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