



MDC

Move

**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 5**

GET MOVING

SESSION 1

1.
Warm up:
5 minute walk

2.
Walk briskly for
20 minutes

3.
Cool down:
5 minute walk

SESSION 2

1.
Warm up:
5 minute walk

2.
Walk briskly for
22 minutes

3.
Cool down:
5 minute walk

SESSION 3

1.
Warm up:
5 minute walk

2.
Walk briskly for
24 minutes

3.
Cool down:
5 minute walk

TIP OF THE WEEK

Make sure you smile when it's feeling tough. It releases endorphins into the body and makes everything feel better, plus that photographer on race day will capture that beautiful smile.



AIA Vitality

| **HESTA** |



9NEWS

