



**MDC**

*Move*

**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 2**

### GET MOVING

#### SESSION 1

**1.**

**Warm up:  
5 minute walk**

**2.**

**Walk briskly for  
8 minutes**

**3.**

**Cool down:  
5 minute walk**

#### SESSION 2

**1.**

**Warm up:  
5 minute walk**

**2.**

**Walk briskly for  
9 minutes**

**3.**

**Cool down:  
5 minute walk**

#### SESSION 3

**1.**

**Warm up:  
5 minute walk**

**2.**

**Walk briskly for  
10 minutes**

**3.**

**Cool down:  
5 minute walk**

#### TIP OF THE WEEK

Remember your posture when you are running or walking. Keeping upright, eyes forward and your head and your chin up. When running, please make sure you breathe in and out through your mouth, this ensures you get the most oxygen in your lungs when you need it.



**AIA Vitality**

**| HESTA |**



**9NEWS**

