



**MDC**

# Move



## Weekly Movement Plan **Week 2**

# STAY MOVING

### SESSION 1

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
3 minutes

**3.**

Walk for  
2 minutes

**4.**

Repeat run/walk  
4 times

**5.**

Cool down:  
5 minute walk

### SESSION 2

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
4 minutes

**3.**

Walk for  
2 minutes

**4.**

Repeat run/walk  
4 times

**5.**

Cool down:  
5 minute walk

### SESSION 3

**1.**

Warm up:  
5 minute walk

**2.**

Run slowly for  
4 minutes

**3.**

Walk for  
1 minute

**4.**

Repeat run/walk  
4 times

**5.**

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.



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# Move



## Foot swirl – an accountability tool

Colour  
your  
progress

**Did you know** if you were to complete every movement session in the program, you'll have done 18 movements by the time we finish the 6-week MDC Move program.

For a bit of fun, (and to demonstrate to your loved ones you're serious), we're giving you some colouring homework to do.

For every movement session you do, colour off another swirl, and by the end of the program you'll have a super colourful foot!

Print one of these out for every member of the family and decorate the fridge!



Movement resources at [mothersdayclassic.com.au/mdc-move](https://mothersdayclassic.com.au/mdc-move)

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# Move



## Chosen your power song yet?



Having a power song in your back pocket can really help you to keep going when you find yourself wanting to give up or stop your run altogether.

Music is a powerful motivator – a good tempo or a strong repetitive lyric can inspire you to keep going.

Remember to listen to this **before** you get moving. Sing it loud like no one is watching!

### Add it and use it!

Add your power song to the HESTA playlist linked below. We promise not to judge if it's the Rocky theme song that gets you going.

[Add your song](#)

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