



MDC

Move

**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 1**

STAY MOVING

SESSION 1

1.

Warm up:
5 minute walk

2.

Run slowly for
1 minute

3.

Walk for
1 minute

4.

Repeat run/walk
10 times

5.

Cool down:
5 minute walk

SESSION 2

1.

Warm up:
5 minute walk

2.

Run slowly for
2 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
2 minutes

3.

Walk for
1 minute

4.

Repeat run/walk
6 times

5.

Cool down:
5 minute walk

TIP OF THE WEEK

This week we want you to think about your posture, so we want to make sure you are staying upright, with your shoulders back and your head and chin up. You don't need to look at the floor when you are moving and your feet are most definitely still there. Let's also ensure your arms are not crossing your body and they are moving forward.



AIA Vitality

| **HESTA** |



9NEWS

