



**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 6**

STAY MOVING

SESSION 1

1.

Warm up:
5 minute walk

2.

Run slowly for
5 minutes

3.

Walk for
1 minute

4.

Repeat run/walk
5 times

5.

Cool down:
5 minute walk

SESSION 2

1.

Warm up:
5 minute walk

2.

Run slowly for
6 minutes

3.

Walk for
1 minute

4.

Repeat run/walk
4 times

5.

Cool down:
5 minute walk

SESSION 3

1.

Warm up:
5 minute walk

2.

Run slowly for
12 minutes

3.

Walk for
3 minutes

4.

Repeat run/walk
2 times

5.

Cool down:
5 minute walk

TIP OF THE WEEK

Make sure you use all the tools we have given you over the past five weeks to help you. Use the Power Song before you move to get you pumped and use that positive mantra to get you through the tough times.



AIA Vitality

| HESTA |



9NEWS

