



# Move

**GET ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**

## MOTHER'S DAY CLASSIC TRAINING PROGRAM

Weekly Movement Plan **Week 5**

### 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  
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  
10 minutes

**3.**

Walk for  
4 minutes

**4.**

Repeat run/walk  
2 times

**5.**

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**

