

# Walking 101



## What makes walking so great?

Walking is a low impact, fun, and easy way to start an exercise program. The benefits of walking have proven to help both cardiovascular health and lower your risk for other chronic diseases such as: coronary heart disease, diabetes, osteoporosis, breast and colon cancer.

### **What is the difference between strolling vs. striding vs. brisk walking?**

The difference is in the pace. Strolling is considered a slower pace (<2 MPH or > 30 min per. mile) versus striding (3 MPH or 20 min per. mile) or brisk walking is quicker (>3.5 MPH or <17 min per. mile).

### **How often should I walk a week?**

According to the American College of Sports Medicine (ACSM) and American Heart Association you should strive for brisk walking five or more days per week for at least 30 minutes a day.

## Walking Technique

- Posture
- Arms
- Stride

## What's your pace?

- Stroll
- Stride
- Brisk Walk

# Know your Target Heart Rate and the Talk Test

Target Heart Rate (THR) is different for everyone. It ideally begins with your resting heart rate. This is taken in the morning. For fit individuals it is lower. There are different calculators online that allow you to put in your Resting Heart Rate, Age and calculate your true Target Heart Rate. For simplicity purposes, you can use the formula  $220 - \text{Age}$  and figure out your relative THR zones. The talk test is also a great way to measure your intensity and gauge your HR zones. To walk for fitness you should strive to have your THR between 60 – 75%.

## The Talk Test

- Conversation – not working hard enough
- Talk comfortably, but unable to sing – working at appropriate intensity
- Out of breathe or have to pause often – working too hard (high intensity)

So now that you know how to pace yourself and what intensity you should be striving for, you will learn the proper walking technique to help get you moving:

## Walking Technique

### 1. Posture

- a. Stand nice and tall with your head looking forward and not down or up
- b. Engage your core and relax your shoulders and hands
- c. Keep your feet pointed forward

### 2. Arms

- a. Arms are bent at 90 and do not swing above chest level

### 3. Stride

- a. Begin by walking at a natural stride and step length. Do not overstride, this will not make you walk faster.
- b. To move faster – swing your arms more quickly.

### Warm Up

- .25 mile or 1 lap (5 minutes)
- Focus on posture, natural stride
- and arm movement

### Stretches

- Hip Flexor Stretch
- Hurdle Stretch
- Hamstring Stretch

### Cool Down Stretches

- Hip Flexor Stretch
- Calf Stretch
- Hamstring Stretch
- Toe Touch
- Wall Push
- Chest Stretch
- Shoulder Rolls
- Abductor Stretch



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