FITSPIRIT
MOTHER/DAUGHTER
CHALLENGE

presented by Sun Life

WALKING PROGRAM

PROGRAM DESIGNED
BY ISABELLE GAGNON,
KINESIOLOGIST

PERCEIVED EXERTION SCALE (PES)

2 - 4	VERY EASY
5	EASY
6 - 7	MODERATELY DIFFICULT
8	DIFFICULT
9	VERY DIFFICULT
10	EXHAUSTING

ADJUST YOUR EFFORT TO RESPECT THE INDICATED LEVEL OF DIFFICULTY FOR EACH WORKOUT. REFER TO THIS SCALE.

FRIENDLY TIPS

- Each workout starts with 5 minutes of low-intensity walking (perceived exertion scale: 4-5). At the end of the workout, cool down at the same intensity level for 5 minutes too.
- Workouts can be postponed, but it is preferable to respect the order in which they are presented.
- Strength and stretching exercises can help you become more efficient at walking. Remember to do them!
- If you are hurt and in pain, you can replace workouts with swimming or biking. If the pain persists for more than three days, try to see a health professional specializing in sports.
- If you are short on time or don't feel up to it, try to walk just for 5-10 minutes anyway, at a low-intensity level. A little is always better than none at all!
- Don't limit yourself to the exercises in the training plan. Feel free to perform other forms of physical activity too.
- Remember to bring water to drink whenever you go out to walk.

Do you have questions about the walking program or physical activity in general? Ask our expert kinesiologist!
kin@fitspirit.ca

WALKING PROGRAM

FITSPIRIT MOTHER/DAUGHTER CHALLENGE

presented by Sun Life

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	**TOTAL: 20 min** **5 min:** warm-up walk **10 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 20 min** **5 min:** warm-up walk **10 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**
WEEK 2	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 20 min** **5 min:** warm-up walk **10 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**

WALKING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 35 min** **5 min:** warm-up walk **25 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**
WEEK 4	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 35 min** **5 min:** warm-up walk **25 min:** walk **5 min:** cool down PES 6 **Strength training:** Chair hold against wall **30 s** Push-ups against wall **15 reps** Glute bridge, lying on your back, both feet on the floor, **15 reps** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**

WALKING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 25 min** **5 min:** warm-up walk **15 min:** walk including 6×(30 s fast / 1 min slow) **5 min:** cool down PES 7 - 8 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 40 min** **5 min:** warm-up walk **30 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**
WEEK 6	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk including 10×(30 s fast / 1 min slow) **5 min:** cool down PES 7 - 8 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 45 min** **5 min:** warm-up walk **35 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**

**If you're experiencing knee pain, replace the lunges with squats.*

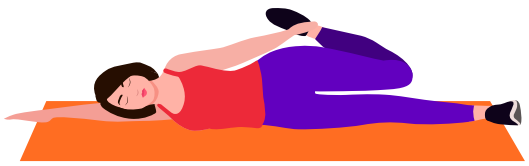
WALKING PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk including 8×(45 s fast / 75 s slow) **5 min:** cool down PES 7 - 8 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**TOTAL: 35 min** **5 min:** warm-up walk **25 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**REST**
WEEK 8	**TOTAL: 30 min** **5 min:** warm-up walk **20 min:** walk **5 min:** cool down PES 6 **Strength training:** In-place lunges*, hands on hips, **12 reps** each side Glute bridge, lying on your back, one foot on the floor, **12 reps** each side Plank, using knees or toes for support, **30 s** Take a 1-min break and redo the above 3 exercises a 2nd time	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	**REST**	**TOTAL: 20 min** **5 min:** warm-up walk **10 min:** walk **5 min:** cool down PES 6	**See Stretching page.** **Each exercise should be a 30-60 second hold.**	WEEKEND OF **FITSPIRIT MOTHER/DAUGHTER CHALLENGE** presented by Sun Life	

**If you're experiencing knee pain, replace the lunges with squats.*

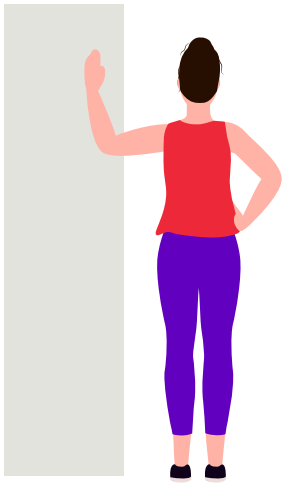
STRETCHING

HOLD EACH EXERCISE 30-60 SECONDS EACH SIDE.

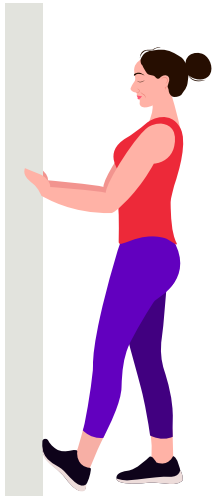


QUADRICEPS
(FRONT OF THIGH)

HAMSTRINGS
(BACK OF THIGH)



PECTORALS & SHOULDERS



CALVES
(BACK OF LOWER LEG)

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