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# Step Up To Success: Training And Stretching Before Your 10 K Walk.

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# Fitness Fact or Fiction

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- Go for the burn.
- Walking is all that you need to do for health benefits.
- Exercise has to be strenuous to be beneficial.
- Aerobic exercise will help you lose weight by speeding up your metabolism
- By using hand and ankle weights when you walk, you can do strength training and aerobic exercise at the same time.
- You can eat whatever you want if you exercise enough.

# Health Related Fitness Components

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- Cardiovascular Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition
- Balance

# Strength Training Guidelines

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- Activity: 8 to 10 exercises involving each of the major muscle groups.
- Resistance: enough weight to perform 12 to 15 repetitions to near fatigue.
- Sets: 1 to 3
- Frequency: At least 2 times a week.

# Cardiovascular Endurance Guidelines

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- Activity: Aerobic – walking, swimming, cycling, dancing.
- Intensity: 50 to 80% Target Heart Rate
- Duration: 30 to 90 minutes continuous activity.
- Frequency: Most days per week.

# Flexibility Guidelines

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- Static stretching to include every major joint of the body.
- Stretch to the point of tightness, not pain
- Repeat each exercise 3 to 5 times and hold the final stretched position for 10 to 30 seconds.
- Stretch at least 3 times a week.

# The FITT Principle

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- Frequency
- Intensity
- Time
- Type

# Components of a Workout

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- Warm up
- Work Bout
- Cool Down

# Training Sessions

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- Interval
- Fartlek
- Circuit
- Easy/Hard Days
- Resistance