

FIT TO FIT!

Get faster, stronger and slimmer in just 30 minutes with this souped-up speed-walking workout from celebrity trainer Chris Richardson

#FIT IN
30
minutes



Walking is just about putting one foot in front of the other, right? Well, almost! Going for a leisurely stroll has many mood-boosting benefits, but it's not going to help you get fitter or shed those pounds. To make walking work for you, you need to pick up the pace. But, to get faster, you need to get stronger. Trainer Chris Richardson has designed a power-walking workout, with strength exercises built right in. 'Adding these to your walks will boost your muscles' strength and endurance, as well as improving your balance and walking gait

(the way you walk),' says Chris. Yes, that's right. Despite doing it our whole lives, many of us don't walk correctly. 'Correct gait involves perfecting your body posture (look forward, keep neck long and shoulders back and down), ensuring you use all of your legs' muscles when you move (pushing off the back leg and rolling from the heel through to the ball of the foot) and mastering that arm swing (move opposite arm to leg and make sure your arms don't cross in front of you),' explains Chris. This helps propel you forwards. So slip on your trainers, stand tall and let the power-walking commence. Turn the page for your four-week plan...

Your **POWER-WALKING** programme



Chris has created this plan, with three 30-minute walking workouts each week. As your body gets stronger, your gait should improve. 'Avoid slouching your shoulders, turning your feet

outwards or inwards, collapsing through the arch of your foot or just walking on your toes,' advises Chris.

There is a mixture of treadmill and outdoor trail walking. Don't worry if you can't get to a gym, it's easy to adapt the routine. If the workout

mentions a treadmill incline, head for the hills and when it comes to mph (mile per hour) think of 2-3mph as moderate to 6-6.5mph as very fast.

Walking a mile burns the same cal (around 100) as running a mile – it just takes longer!

	DAY 1	DAY 2	DAY 3
WEEK 1	Cardio walk & strength exercises (outdoors if possible) Walk 20 mins (moderate/2-3mph) Finish Single leg calf raise x 20 Farmer's Walk with ankle weights x 30 secs Jumping lunges x 20 Bridges with exercise band round knees x 20	Incline walk (treadmill) & strength exercises Walk 20 mins (moderate/2-3mph) Incline gradient 2-3 Finish Single leg calf raises x 20 Farmer's Walk with ankle weights x 30 secs Jumping lunges x 20 Bridges with exercise band around knees x 20	Speed intervals & strength training Walk 18 mins 3 mins at 3mph 3 mins at 4mph 3 mins at 5mph Repeat x 2 Finish Single leg calf raise x 20 Farmer's Walk with ankle weights x 30 secs Jumping lunges x 20 Bridges with exercise band x 20
WEEK 2	Cardio walk & strength exercises (outdoors if possible) Walk 20 mins (moderate-brisk/3-4mph) Single leg calf raises x 25 Farmer's Walk with ankle weights x 45 secs Jumping lunges x 25 Bridges with exercise band x 25	Incline walk (treadmill) & strength exercises Walk 20 mins (moderate/2-3mph) Incline gradient 3-4 Finish Single leg calf raise x 25 Farmer's Walk with ankle weights x 45 secs Jumping lunges x 25 Bridges with exercise band x 25	Speed intervals & strength training Walk 18 mins 3 mins at 3.5mph 3 mins at 4.5mph 3 mins at 5.5mph Repeat x 2 Finish Single leg calf raise x 25 Farmer's Walk with ankle weights x 45 secs Jumping lunges x 25 Bridges with exercise band x 25
WEEK 3	Cardio walk & strength exercises (outdoors if possible) Walk 20 mins (Brisk-fast/4-5mph) Finish Single leg calf raise x 30 Farmer's Walk with ankle weights x 60 secs Jumping lunges x 30 Bridges with exercise band x 30	Incline walk (treadmill) & strength exercises Walk 20 mins (moderate-brisk/3-4mph) Incline gradient 4-5 Finish Single leg calf raise x 30 Farmer's Walk with ankle weights x 60 secs Jumping lunges x 30 Bridges with exercise band x 30	Speed intervals & strength training Walk 18 mins 3 mins at 4mph 3 mins at 5mph 3 mins at 6mph Repeat x 2 Finish Single leg calf raise x 30 Farmer's Walk with ankle weights x 60 secs Jumping lunges x 30 Bridges with exercise band x 30
WEEK 4	Cardio walk & strength exercises (outdoors if possible) Walk 20 mins (fast-very fast/5-6mph) Finish Single leg calf raise x 35 Farmer's Walk with ankle weights x 75 secs Jumping lunges x 35 Bridges with exercise band x 35	Incline walk (treadmill) & strength exercises Walk 20 mins (moderate-brisk/3-4mph) Incline gradient 5-6 Finish Single leg calf raise x 35 Farmer's Walk with ankle weights x 75 secs Jumping lunges x 35 Bridges with exercise band x 35	Speed intervals & strength training Walk 18 mins 3 mins at 4.5mph 3 mins at 5.5mph 3 mins at 6.5mph Repeat x 2 Finish Single leg calf raise x 35 Farmer's Walk x 75 secs Jumping lunges x 35 secs Bridges with exercise band x 35 secs

YOUR FIT KIT LIST

Before you start you'll just need a few things...

Gold Coast Set of four Latex Free Resistance Exercise Bands, £10.99, tesco.com

Increase the tension on your muscles by working through the different levels, from easy to extra hard.

Domyos 1kg Supple Ankle and Wrist Weights, £6.99, domyos.co.uk

'1-2kg for ankle weights is ideal,' says Chris. And these can double up as wrist weights.



Asics Gel Fujitrabuco 6 G-TX, £120, asics.com

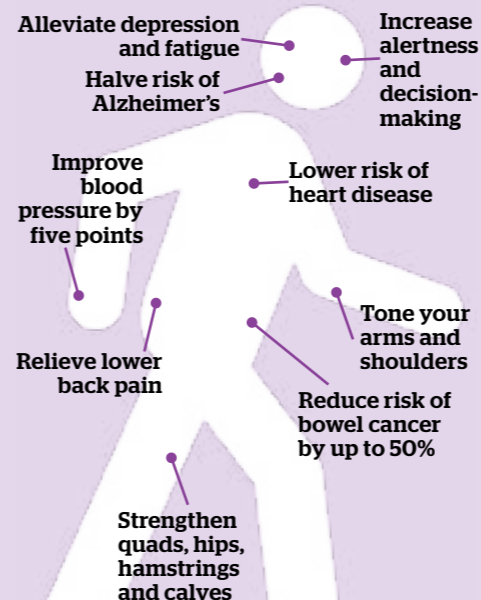
Comfy shoes are a must. This lightweight design ensures you'll have a spring in your step indoors, while the deeper studs, for added traction, and the waterproof fabric means they're great for outside too.



GET TESTED

Before you buy any new trainer, head to a specialist sports shop for a gait analysis. They will monitor your walking style and find a shoe that's right for you

Just 30 MINUTES of walking can...



HOW TO...



Jumping lunges

Perform a lunge, so feet facing forwards and knees bent at right angles. Jump up explosively, switch legs in mid air (so back leg comes forwards and front leg goes back), then land back in a lunge.

Bridges with exercise band round knees

Lie on back, knees bent, feet flat on floor. Tie band around thighs just above knees. Lift hips off floor to form straight line from knees to neck. Slowly lower back down.

Single leg calf raise

Balance on right leg (left leg off floor) and rise up on to your tiptoe. Once reps on right leg are completed, switch sides and repeat.

Farmer's Walk with ankle weights

Simply walk with short, quick steps with weights on ankles.

Tell us about it!

After your workout, let us know how it was for you at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)