

KEEP WELL

IN YOUR COMMUNITY



SPÓRT ÉIREANN
SPORT IRELAND



Rialtas na hÉireann
Government of Ireland



WEEK 1

20 Minute Walks

Start this week by taking 20 minute walks 5 days a week.

This may not seem like much, but using this time to get your body used to the distance will help to make 20 minutes start to feel easy!

WEEK 2

30 Minute Walks

Build your stamina. Try to get in 30/40 minute walks 5 days a week.

The key here is to build your stamina, if 30 minutes seems too much. Try a 25 minute walk over the first few days, always go at a comfortable pace.

WEEK 3

Add One Long Walk

Try to add in one 45/50 minute long walk the day BEFORE your rest day.

This week is about lengthening your time and increasing your stamina before next week's event. Along with your 5 daily 30/40 minute walks add in one long 45/50 minute walk before your rest day.

Week 4

Virtual Event

Make your 5 daily walks 45 minutes.

This week will culminate in the Operation Transformation Virtual 5km. Engage in your 5 daily walks and then use the day before your rest day to complete 5k.

19- 21

Top Tips

Drink Plenty of Water everyday.
Stay within the most up to date Government Guidelines.

Always wear high visibility gear when walking at every time of day.

Try to look forward to your walks - get some fresh air and clear your mind.