

WEEK 3 TRAINING PLAN

Pump up the volume with Libby's Week 3 exercise guide

MONDAY

40-Min Easy Walk

→ Warm up

None required

→ Workout

Walk for 40 minutes (approx. 4km) at an easy to moderate pace (note: you can break this up into 2 x 20 minute walks if it fits your lifestyle better, morning and lunch for example)

TUESDAY

10-Min Home Circuit

→ Warm up

Hit PLAY on [Libby's 5-Minute Magic Movement routine](#)

→ Workout

40 Standing Triceps

30 Squats (or stand up/sit down from chair)

20 Hands-Elevated Mountain Climbers (make it harder by counting left-right as ONE rep!)

10 Feet-Elevated Hip Raises (make it harder by moving ssllloowww!)

5 Push-ups (less reps this week, so try and do a harder version than you did last week!)

30-count Plank Hold

WEDNESDAY

40-Min Interval Walk

→ Warm up

Walk for 5 minutes at a moderate pace

Walk for 5 minutes at a brisk pace

→ Workout

Walk for 2 minutes at an easy to moderate pace

Walk for 2 minutes at a brisk pace

Jog for 1 minute at an easy pace (can't run today? Swap this for more 'brisk' time)

Repeat these intervals until you reach a total walk time of 40 minutes

THURSDAY

Repeat Tuesday's Circuit!

FRIDAY

Repeat Wednesday's Walk!

SATURDAY

Rest & Stretch Day

Need some ideas? Just Google 5-Min Easy Stretch and some great free routines pop up!

SUNDAY

Walkabout Sunday

Make an effort to leave the car at home and walk to explore today! See Week 1.

WALKING INTENSITY GUIDE

EASY PACE: A gentle stroll where you can walk and talk easily (approximately 5km per hour).

MODERATE PACE: You're lightly out of breath and can talk but not sing (approximately 6km per hour).

BRISK PACE: You're breaking a sweat and unable to hold a conversation (approximately 7km per hour).

Q&A

SHOULD I EAT BEFORE I WORKOUT?

Your body can only burn food it has already digested and absorbed, so there's no point eating right before you exercise in the hope that it will give you more energy. In fact, eating a large meal will only cause you to feel sluggish and may even cause an upset stomach, cramping or diarrhoea. Foods high in fibre, fat or protein take longer to digest and can increase your risk of stomach discomfort while exercising so should be eaten long before you start - especially if your workout involves running.

DO, as a general rule, eat a carbohydrate-containing meal with a small amount of protein 3-4 hours before exercise, or a snack (such as a banana or a tub of yoghurt) 1-2 hours before exercise.

DON'T eat a meal right before you're about to exercise.

LINK TO
5-MINUTE MAGIC
MOVEMENT
ROUTINE
»

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SQUATS

1. Start in a standing position, feet shoulder-width apart and hands clasped in front of chest, elbows slightly bent.
2. Brace your abs, push your hips back and bend your knees, lowering the body into a squat. Pause at the bottom, then push back up to the starting position.
3. Complete 20 squats.

Top tip: if squats are too hard, try sitting on a hard chair and slowly getting up and sitting back down slowly for 15 repetitions.



PLANK HOLDS

1. Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up.
2. Push toes into the floor and squeeze glutes to stabilize your body.
3. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back.
4. Hold the position for up to 30 seconds.



HANDS-ELEVATED MOUNTAIN CLIMBERS

1. Get into the push-up position with your hands on top of a bench and feet on the floor. Keep your arms fully extended and directly beneath your shoulders.
2. Brace your core and drive one knee to the mid-line of your body. Reverse the motion and step the foot back to the starting position.
3. Challenge yourself by counting left-right as ONE rep! Complete 20 reps.

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FEET-ELEVATED HIP RAISES

1. Lie flat on your back with your hands by your sides and your knees bent, place your feet on an elevated surface about hip width apart.
2. Pushing through your heels, lift your hips off the floor while keeping your back straight. Hold at the top for a second creating a bridge from your knees to your shoulders.
3. Slowly bring your butt back down to the floor to complete the rep. Complete 10 reps.



PUSH-UPS

Get onto all fours, and hold your body off the floor with your hands and toes. Keeping core tight and hands slightly wider than shoulder-width apart, lower your body to the floor so your chest grazes the ground. Push back up to start. Complete 5 push-ups.
Top tip: if this is too hard, try push-ups on your knees instead.