



weeks five to eight

exercise plan

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week five	Moderate intensity: 30-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	3 x hill walks/run (or use stairs)	Active rest	Friday Funday grab your mates and head to the park with a soccer ball or rugby ball for a run round.	15-minute walk + 10 x interval training + physical challenge	Active rest
	Physical challenge: can you convince a friend to work out with you?						
Week six	Moderate intensity: 35-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	3 x hill walks/run (or use stairs)	Active rest	Friday Funday grab a friend and find a dance class or self-defence class.	15-minute walk + 12 x interval training + physical challenge	Active rest
	Physical challenge: how fast can you run the length of a rugby field?						
Week seven	Moderate intensity: 35-minute walk/run/cycle	Body weight exercises: 3 x 10 every exercise	4 x hill walks/run (or use stairs)	Active rest	Friday Funday dust off your rollerblades or skates and head to a carpark for some fun.	15-minute walk + 12 x interval training + physical challenge	Active rest
	Physical challenge: can you swim 200m? (breaks allowed)						
Week eight	Moderate intensity: 40-minute walk/run/cycle	Bodyweight exercises: 3 x 10 every exercise	5 x hill walks/run (or use stairs)	Active rest	Friday Funday grab your mates and a basketball and shoot some hoops.	15-minute walk + 14 x interval training + physical challenge	Active rest
	Physical challenge: can you replace a work meeting or friend coffee catch-up with a walk and talk?						

Moderate intensity:
working hard but still able to talk.

High intensity:
working hard and not able to maintain a conversation while exercising.

Bodyweight exercises:
These include push-ups, burpees, crab walk, planks and squats. Examples can be found in the 'Visual guide to exercise' at healthyfood.com/KSPlan and in your Motivator emails.

Hills or stairs: find a good hill or set of stairs that would take you more than 3 minutes but less than 10 minutes to walk up.

Active rest: a day to recover, but maintain moving as opposed to staying sedentary all day.

Interval training: high intensity bursts with periods of lower intensity work or rest. During the high intensity periods you shouldn't be able to hold a conversation. Use the rest periods to catch your breath before your next effort. Try 20 seconds on and 10 seconds off. This is very effective for fitness and weight management.

Exercise examples are in your Motivator emails and your downloadable visual guide to bodyweight exercise card at healthyfood.com/KSPlan