

WALKING GUIDE

WALK YOUR WAY TO A 5K

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
✓ 10 min	10 min	rest	12 min	12 min	rest	15 min

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
15 min	18 min	rest	18 min	20 min	rest	20 min

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
22 min	22 min	rest	24 min	24 min	rest	26 min

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
26 min	28 min	rest	28 min	30 min	rest	30 min

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
35 min	35 min	rest	35 min	40 min	rest	40 min

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
40 min	45 min	rest	45 min	45 min	rest	Walk a 5K

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tools and programs for teachers to incorporate in their classrooms At the secondary level the book creates a vision of a good physical activity program and then shows secondary teachers and administrators how to achieve that vision Through this text teachers and administrators receive a blueprint for building a comprehensive and coordinated K 12 physical activity program ready to use activities and forms and program ideas that address both the needs and desires of all children not just the small percentage who gravitate toward physical activity Schoolwide Physical Activity comes with a CD ROM that contains all the printable activities forms and tools from the book and over 200 activities for classroom teachers inclusive transitional activities integrated lessons and simple games and dances The comprehensive guide includes a Web site with an instructor guide presentation package and test package This resource will help teachers and administrators see their roles and responsibilities in a new light and gain stakeholder support for wellness and activity programs and it will assist in coordinating efforts among all involved in providing students with safe and appropriate programs that will transform their schools into more active places for learning

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The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 **The Web's Greatest Hits**

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