

# 5

# TIPS TO BOOST YOUR WALKING ROUTINE



## Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

## Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



## Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

## Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



## Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.

# Mlb Playoffs Walking Workout Tips

**John Benson,Steve Moyer**

## Mlb Playoffs Walking Workout Tips:

Strength Training for Baseball A. Eugene Coleman,David J. Szymanski,NSCA -National Strength & Conditioning Association,2021-07-27 Strength Training for Baseball will help you create a baseball specific resistance training program to help athletes at each position pitchers catchers middle infielders corner infielders center fielders and corner outfielders develop strength and power that will serve them on the field **The New Thinking Fan's Guide to Baseball** Leonard Koppett,1991 **Baseball Guide, 2002** Craig Carter,2002-02 The Baseball Guide combines a look ahead to 2002 including complete schedules and information for the coming season with a review of the 2001 season featuring story and team summaries and complete statistics **Baseball Guide, 1998** Sporting News,1998-02 The Baseball Guide provides a thorough review of the 1997 professional baseball season and a glimpse ahead to the next including complete stats and final standings for the American League the National League and the minor league day by day results for each big league team highlights and box scores of every postseason game and transactions award winners and notable performances 30 charts and diagrams *Baseball Guide* ,1992 **Official Baseball Guide** ,1984 **Baseball Guide, 1996** Sporting News,1996-02 An almanac of the 1995 season featuring full team and player statistics reports on the season s major stories and a preview of the 1996 season **Billboard** ,1986-04-19 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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