RAM fitness

WALKING RUNNING

INSTRUCTIONS

01 Wear comfortable running / walking sneakers

02 Wear appropriate apparel that can help you stay cool in the summer and keep you warm in cold weather

03 Start slow and gradually increase speed or distance as you become more comfortable

04 Hydrate well
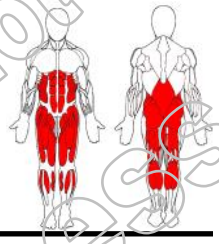
CAUTION

- Improper footwear can lead to injury while walking or running

- Avoid running if you have ankle, knee, or lower back injury

PROS & CONS

+ It can help prevent or reduce chances of obesity, type 2 diabetes, high blood pressure, heart disease and stroke

+ Great option to help lose weight and keep it off

+ It can boost endurance and stamina

+ It can improve mood and reduce stress

+ Can be done anywhere

- May have jarring impact on the back, hips, knees or ankles

- It can get monotonous

CHALLENGE MILES

- 1:1
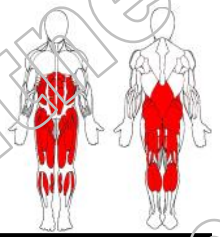
WALKING RUNNING

ROUTINE SAMPLES

ROUTINE# 001

► Record the most distance you can cover walking or running for 20 minutes

► Repeat 2-3 times a week

► Aim to increase distance by 10% every 4 weeks

ROUTINE# 002

► Walk for 90 seconds

► Sprint for 30 seconds

► Repeat until you complete 1 mile

ROUTINE# 003

► Walk (or) run for 1 minute

► Squat for 30 seconds

► Repeat until you complete 20 minutes

ROUTINE# 004

► Go for 1,000 steps above your daily step average 2 times a week

► On the weekend, aim for 2,000 steps above your daily step average
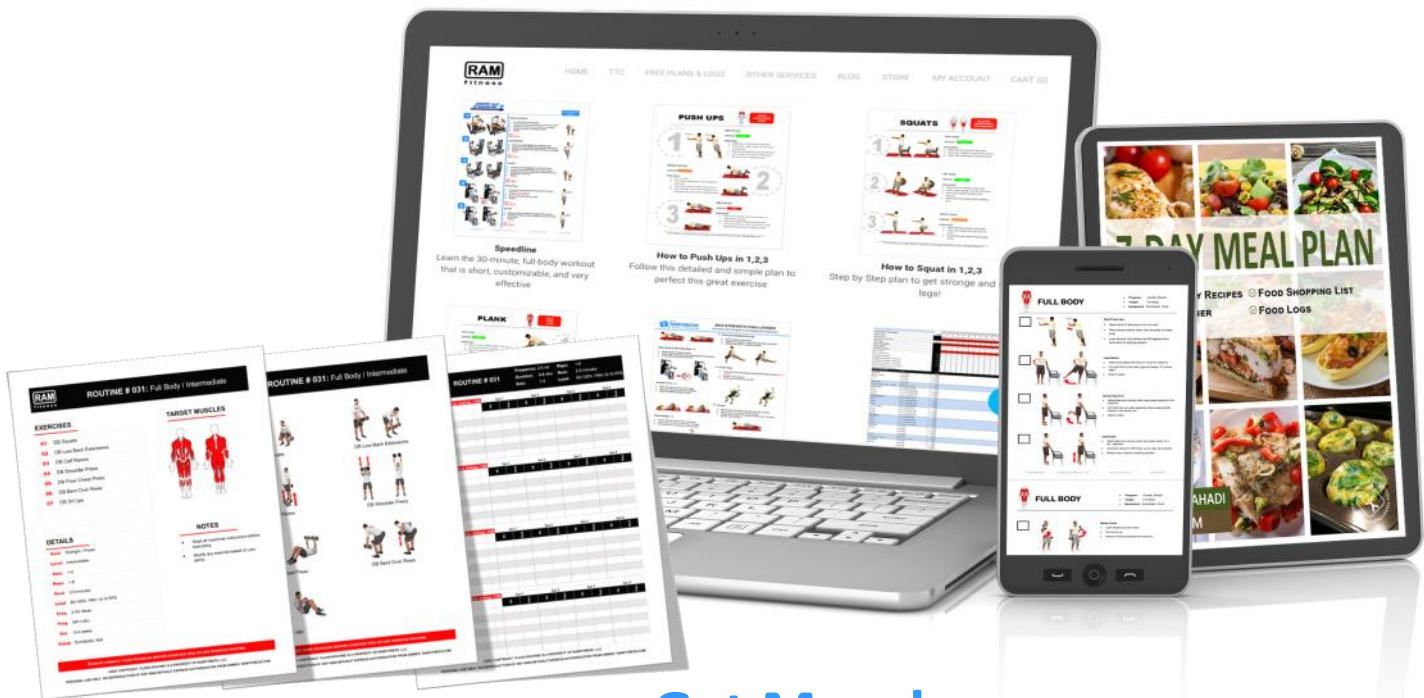
ALTERNATE OPTIONS

Treadmill

Cycling

Stair Climber

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