



It is important to be active at ALL TIMES – even through the global Covid pandemic that we are experiencing now.

Kilkenny Recreation & Sports Partnership have put together this short programme to help you maintain the fitness you have built up during the past few months.

It consists of two parts – a walking programme and an indoor exercise programme.

We hope you enjoy it and we look forward to seeing you all back with us when this horrible time has passed. In the meantime, stay well and stay fit. REMEMBER observe social distancing protocols, stay within 2km of your house, listen and adhere to Government and HSE guidelines, and, wash your hands before and after exercising.



Why walking is so good for you

While the whole world is currently in turmoil due to the spread of Covid-19, there are still ways to keep active. Men on the Move has been postponed indefinitely. No exercise classes or gyms can open until things get better. That could be a while away yet. So, what are you going to do about it?

You can decide to do nothing and while away the hours, days and weeks sitting down doing on your backside. Alternatively, you can accept that things are the way they are but resolve to do the best you can in a bad situation – you can decide to be positive about it. You have done amazing work with Sally since September last both on the track and in the sports hall of the Watershed. It would be a pity to let it all go to waste now!

We are going to give you two simple programmes to keep you active during the next few months. The first one is a walking programme (assuming we are still allowed to go outside to walk) and the second one is an indoor or patio/back yard/front yard/garden programme. **REMEMBER observe social distancing protocols and wash your hands before and after exercising.**

The Walking Programme

Why walking is so good for you – it is important to keep moving at all times!

Walking is a powerful and scientifically proven method of transforming your body and boosting your mood. Research shows it can add years to your life and add life to your years. Additionally, it is a good way of managing weight. Going for a walk in these troubled times (subject to Government and HSE guidelines) will benefit your body in other significant ways too.

It will do you good to get out of the house and get some fresh air! **REMEMBER observe social distancing protocols and wash your hands before and after exercising.**

Brain health

It guards your brain. Two hours of walking per week cuts your risk of stroke by 30%. Hitting the road also protects brain regions associated with planning and memory, and doing it for 30 minutes a day has even been found to reduce symptoms of depression by 36%.

Bone health

It strengthens your bones. Four hours of walking per week can slash your chances of a hip fracture by up to 43%. In other words, the more you move now, the more mobile you will be later in life.

Heart health

It improves your heart health. Walk for heart health. Researchers have found that walking for just 20 minutes per day lowers your risk of heart disease by 30%, and it can cut your risk of obesity (a major risk factor for heart disease) in half.

We have put together a set of walks for the next 6 weeks that will keep you happy and healthy. Of course, you should be guided by Government and HSE guidelines about being out and about at this time.

Endurance Walks: Build strength and stamina. Walk at a steady, brisk pace.

Four by Twos: Boost your endurance so longer walks are a breeze. Alternate 4 minutes of fast walking with 2 minutes of brisk walking.

30-Second Surges: Increase your overall walking speed. Alternate 30 seconds of speed walking with 1 minute of easy walking.

Even Stevens: Improve your body's ability to go longer at top speeds. Alternate equal amounts of fast walking and brisk walking.

The walks

Warm up by walking at an easy pace for the first 4 minutes of each work out and do the same to cool down at the end.

WEEK 1

Day 1: Endurance - 25-min brisk walk

Day 2: Four by Twos - 4 min of fast walking with 2 min of brisk walking. Do 2 times

Day 3: Endurance - 25-min brisk walk

Day 4: 30-Second Surges - 30-sec speed walk with 1 min of easy walking. Do 8 times

Day 5: Endurance - 25-min brisk walk

Day 6: Even Stevens - 1-min fast walk with 1 min brisk walking. Do 6 times

WEEK 2

Day 1: Endurance - 30-min brisk walk

Day 2: Four by Twos - 3 times

Day 3: Endurance - 30-min brisk walk

Day 4: 30-Second Surges - 12 times

Day 5: Endurance - 30-min brisk walk

Day 6: Even Stevens - 6 times, 1.5 min each

WEEK 3

Day 1: Endurance - 35-min brisk walk

Day 2: Four by Twos - 4 times

Day 3: Endurance - 35-min brisk walk

Day 4: 30-Second Surges - 16 times

Day 5: Endurance - 35-min brisk walk

Day 6: Even Stevens - 6 times, 2 min each

WEEK 4

Day 1: Endurance - 40-min brisk walk

Day 2: Four by Twos - 4 times

Day 3: Endurance - 40-min brisk walk

Day 4: 30-Second Surges - 16 times

Day 5: Endurance - 40-min brisk walk

Day 6: Even Stevens - 6 times, 2 min each

WEEK 5

Day 1: Endurance - 45-min brisk walk

Day 2: Four by Twos - 5 times

Day 3: Endurance - 45-min brisk walk

Day 4: 30-Second Surges - 20 times

Day 5: Endurance - 45-min brisk walk

Day 6: Even Stevens - 6 times, 2.5 min each

WEEK 6

Day 1: Endurance - 50-min brisk walk

Day 2: Four by Twos - 5 times

Day 3: Endurance - 50-min brisk walk

Day 4: 30-Second Surges - 20 times

Day 5: Endurance - 50-min brisk walk

Day 6: Even Stevens - 6 times, 2.5 min each

The video programme for indoors

If we do end up confined indoors – then you can do the following programmes as often as you like!

You will not need any equipment. However, if you have dumbbells then you can make the workout more effective. If you do not have dumbbells then perhaps you can borrow them or you can make your own. Simply fill a plastic drinks bottle with water or sand and seal tightly.

Here are some good YouTube videos to watch then try some of the following. You might as well do so if you are going to be stuck indoors for a while! Remember to start gently and build into the workout. You could encourage a family member to do the workout with you.

15 Minute Senior Workout - Low Impact Exercises

<https://www.youtube.com/watch?v=v2vLQIU8lJQ>

20-minute Sample Workout for Older Adults

<https://www.youtube.com/watch?v=8E8iCYG16ho>

30 Min Beginner Weight Training for Beginners Workout Strength Training Dumbbell Workouts

<https://www.youtube.com/watch?v=jDF4XiUtXGM>

15 Minute Senior Workout - Low Impact

Exercises https://www.youtube.com/watch?v=2fplva72q_k&t=44s