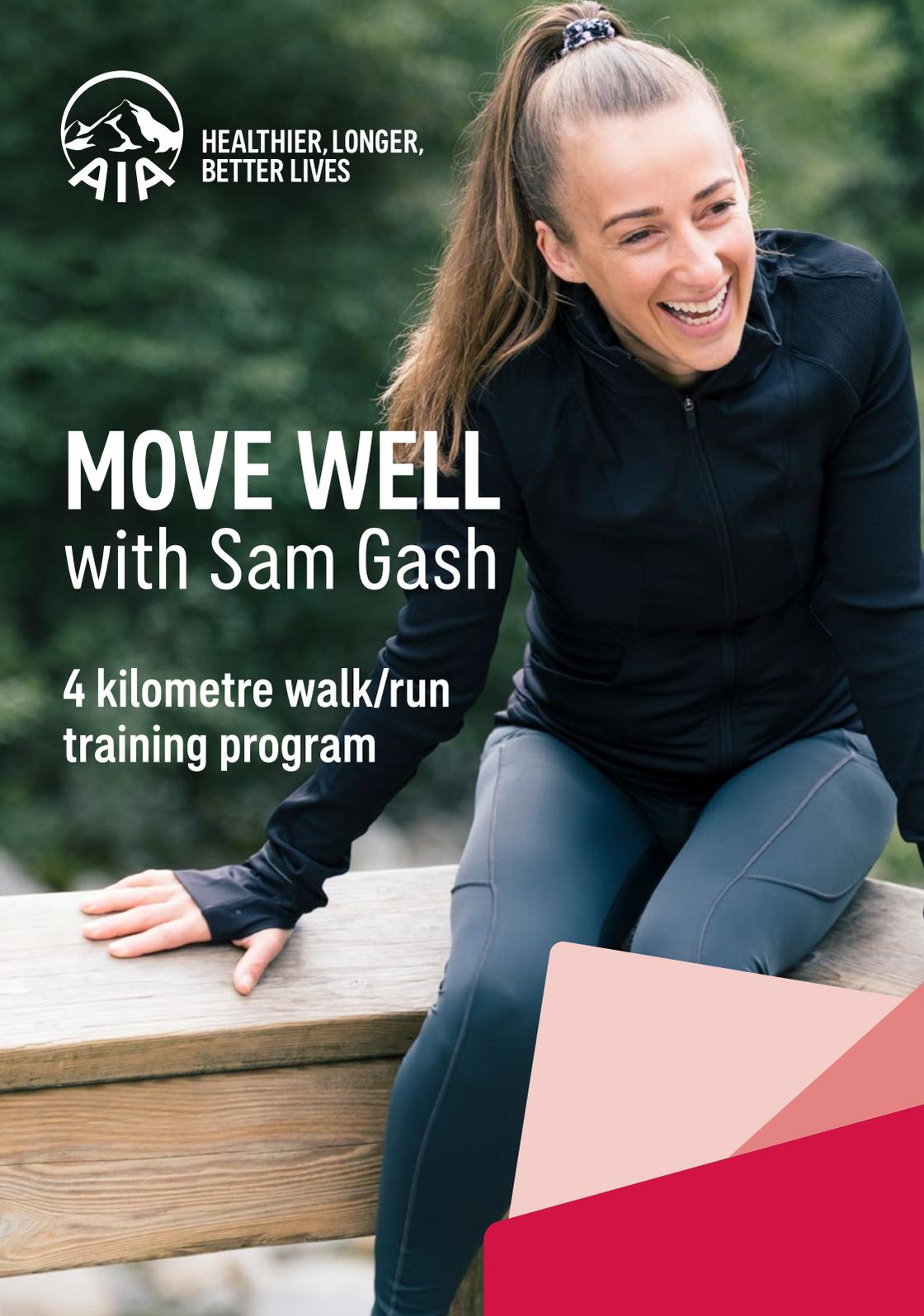




HEALTHIER, LONGER,
BETTER LIVES

MOVE WELL with Sam Gash

4 kilometre walk/run
training program



Training guide

Let AIA Ambassador, Samantha Gash, guide you on your journey to becoming a stepping superstar. Whether you're looking to do laps around the neighbourhood or hope to tackle your first marathon, this program will set you up for stepping success!

Level	Activity	Description
1	Gentle walk	A leisurely pace where you can easily hold a conversation. Ideal for warm-ups, cool-downs, and recovery days.
2	Power walk	A brisk pace that elevates your heart rate and breathing but still allows for conversation. Used for warm-ups, cool-downs, and active recovery.
3	Easy jog	A comfortable pace where you can hold a conversation without gasping. This is your base running pace.
4	Steady run	A moderate pace where talking becomes difficult. This effort level is sustainable but challenging for longer runs.
5	Tempo run	A fast pace that is hard to maintain and allows for only short responses in conversation. Ideal for building speed and endurance.
6	Challenging run	A pace that significantly challenges your speed and endurance but is sustainable for short bursts. Ideal for improving cardiovascular fitness and running speed.

Week 1: Introduction to running

	Activity	Walk/run	Run only
Monday	Base mile	Alternate 1 min power walk (Level 2) with 1 min easy jog (Level 3) for 20 mins	20 mins easy jog (Level 3)
Tuesday	Strength	Bodyweight exercises: squats, lunges, planks. 2 sets of 10–12 reps	
Wednesday	Base mile	Alternate 1 min power walk (Level 2) with 1 min easy jog (Level 3) for 20 mins	20 mins easy jog (Level 3)
Thursday	Rest day	Focus on hydration and healthy nutrition	
Friday	Mobility	Stretching routine focusing on legs, hips, back	
Saturday	Base mile	Alternate 1 min power walk (Level 2) with 2 mins easy jog (Level 3) for 25 mins	20 mins easy jog (Level 3)
Sunday	Rest day		

Week 2: Building endurance

	Activity	Walk/run	Run only
Monday	Base mile	Alternate 2 mins power walk (Level 2) with 2 mins easy jog (Level 3) for 25 mins	20 mins easy jog (Level 3)
Tuesday	Strength	Resistance bands for leg and arm strength. 2 sets of 10–12 reps	
Wednesday	Base mile	Alternate 2 mins power walk (Level 2) with 2 mins easy jog (Level 3) for 30 mins	30 mins easy jog (Level 3)
Thursday	Rest day	Nutrition focus: lean proteins, complex carbs	
Friday	Mobility	Yoga session for flexibility, core strength	
Saturday	Base mile	Alternate 1 min power walk (Level 2) with 3 mins easy jog (Level 3) for 30 mins	30 mins easy jog (Level 3)
Sunday	Rest day		

Week 3: Introduction to speed

	Activity	Walk/run	Run only
Monday	Base mile	Alternate 3 mins power walk (Level 2) with 5 mins easy jog (Level 3) for 30 mins	30 mins easy jog (Level 3)
Tuesday	Strength	Major muscle groups focus. 3 sets of 8–12 reps	
Wednesday	Base mile	Alternate 3 mins power walk (Level 2) with 7 mins easy jog (Level 3) for 35 mins	35 mins easy jog (Level 3)
Thursday	Speed play <i>See next page</i>	Nutrition focus: lean proteins, complex carbs	
Friday	Yoga	Flexibility, balance. 30 min session	
Saturday	Long Run	Alternate 5 mins power walk (Level 2) with 10 mins easy jog (Level 3) for 45 mins	40 mins easy jog (Level 3)
Sunday	Rest day		

Speed play – week 3

	Beginner (Walk/run)	Intermediate (Run only)	Additional notes
Warm up	10-min warm-up at Level 3, focusing on a comfortable jog.	10-min warm-up at Level 3, focusing on a comfortable jog.	Prepares the body for the interval training ahead.
Intervals	Alternate 1 min of hard effort at Level 5 with 1 min of gentle walking for recovery x 3 rounds.	Alternate 1 min of running at a challenging pace (Level 6) with 1 min of easy jogging (Level 3) for recovery, 3 rounds.	Beginners adapt to increased effort, Intermediates push speed boundaries.
Cool-down	10-min cool-down at Level 3, focusing on a comfortable jog.	10-min cool-down at Level 3, focusing on a comfortable jog.	Helps in recovery and reducing heart rate gradually.

Week 4: Peak week

	Activity	Walk/run	Run only
Monday	Base mile	Alternate 2 mins gentle walk (Level 1) with 8 mins easy jog (Level 3) for 30 mins	30 mins easy jog (Level 3)
Tuesday	Speed play <i>See next page</i>	Major muscle groups focus. 3 sets of 8–12 reps	
Wednesday	Active recovery	30 mins gentle walk (Level 1)	30 mins power walk (Level 3)
Thursday	Foam rolling	Nutrition focus: lean proteins, complex carbs	
Friday	Shake out run	25 mins gentle walk (Level 1)	25 mins power walk (Level 2)
		Flexibility, balance. 30 min session	
Saturday	Rest day		
Sunday	Test run	Attempt 4km with walking and running	Attempt a continuous 4km run

Speed play – week 4

	Beginner (Walk/run)	Intermediate (Run only)	Additional notes
Warm up	10-min warm-up at Level 3, focusing on a comfortable jog.	10-min warm-up at Level 3, focusing on a comfortable jog.	Ensures muscles are ready for the more intense interval work to come.
Intervals	Alternate 90 secs of hard effort at Level 5 with 1 min of gentle walking for recovery x 3 rounds.	Alternate 2 min of running at a challenging pace (Level 5–6) with 1 min of easy jogging (Level 3) for recovery, 3 rounds.	Increases the effort duration for beginners, while intermediates work on sustaining higher intensity.
Cool-down	10-min cool-down at Level 3, focusing on a comfortable jog.	10-min cool-down at Level 3, focusing on a comfortable jog.	Critical for muscle recovery and preventing soreness.