



HEALTHIER, LONGER,  
BETTER LIVES

# MOVE WELL with Sam Gash

8 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: Foundation building

	Activity	Walk/run	Run only
<b>Monday</b>	Base mile	Alternate 2 min brisk walk (Level 2) with 3 min easy jog (Level 3) for 30 mins.	30 mins continuous easy jog (Level 3).
<b>Tuesday</b>	Strength	20-minute stretching routine focusing on legs, hips, and back. Include dynamic stretches.	
<b>Wednesday</b>	Base mile	Alternate 3 min brisk walk (Level 2) with 4 min easy jog (Level 3) for 35 mins.	35 mins continuous easy jog (Level 3), focus on maintaining a steady pace.
<b>Thursday</b>	Rest day	Focus on hydration and healthy nutrition	
<b>Friday</b>	Mobility	Stretching routine focusing on legs, hips, back	
<b>Saturday</b>	Long run	35 mins alternating between walking and jogging, aim to cover more distance.	35 mins at Level 3, try to maintain a consistent pace throughout.
<b>Sunday</b>	Rest day		

# Week 2: Introduction to speed

	Activity	Walk/run	Run only
<b>Monday</b>	Base mile	Alternate 4 min brisk walk (Level 2) with 5 min easy jog (Level 3) for 30 mins, maintaining a gentle progression.	30 mins at Level 3, keeping the session focused on recovery and consistency.
<b>Tuesday</b>	Strength	Resistance bands for leg and arm strength. 2 sets of 10-12 reps	
<b>Wednesday</b>	Speedy play: <i>see next page</i>		
<b>Thursday</b>	Active recovery	A very gentle 20-minute jog (Level 3) or walk (Level 2) to shake out any stiffness and nerves. Keep this session very light and focused on staying loose.	A very gentle 20-minute jog (Level 3) or walk (Level 2) to shake out any stiffness and nerves. Keep this session very light and focused on staying loose.
		Active recovery day with options for gentle walking or cycling to aid in recovery without overexertion.	
<b>Friday</b>	Yoga	Engage in a 30-minute session of yoga or dynamic stretching, focusing on areas that are particularly strained by running. This practice is crucial for maintaining flexibility and preventing injuries.	
<b>Saturday</b>	Long run	Extend to 45 mins with alternating brisk walking (level 2) and jogging intervals (level 3), gradually building endurance.	45 mins at a consistent Level 3 pace, aiming for a slightly longer distance with maintained pace.
<b>Sunday</b>	Rest day		

## Speed play – week 2

	<b>Beginner (Walk/run)</b>	<b>Intermediate (Run only)</b>	<b>Additional notes</b>
<b>Warm up</b>	10-minute warm-up at Level 3, focusing on a comfortable jog.	10-minute warm-up at Level 3, focusing on a comfortable jog.	Prepares the body for the interval training ahead.
<b>Intervals</b>	Alternate 1 minute of hard effort at Level 5 with 1 minute of gentle walking for recovery x 4 rounds.	Alternate 1 minute of running at a challenging pace (Level 6) with 1 minute of easy jogging (Level 3) for recovery, 4 rounds.	Beginners adapt to increased effort, Intermediates push speed boundaries.
<b>Cool-down</b>	10-minute cool-down at Level 3, focusing on a comfortable jog.	10-minute cool-down at Level 3, focusing on a comfortable jog.	Helps in recovery and reducing heart rate gradually.

# Week 3: Introduction to speed

	Activity	Walk/run	Run only
<b>Monday</b>	Base mile	Continue with 4 min brisk walk (Level 2) and 6 min easy jog (Level 3) for 30 mins, encouraging endurance.	30 mins continuous jog at Level 3, focusing on endurance building with consistent pace.
<b>Tuesday</b>	Strength	Bodyweight circuit including push-ups, planks, and lunges for 3 sets of 15 reps, targeting endurance and muscle strength.	
<b>Wednesday</b>	Speedy play: <i>see next page</i>		
<b>Thursday</b>	Rest day	Emphasise recovery with hydration, nutrition, and sleep, preparing for the week's remaining sessions.	
<b>Friday</b>	Foam rolling	Deep stretching and foam rolling session aimed at recovery and flexibility, focusing on muscles used in running.	
<b>Saturday</b>	Long run	Extend to 60 mins with alternating brisk walking (level 2) and jogging intervals (level 3), gradually building endurance.	60 mins at Level 3–4
<b>Sunday</b>	Rest day		

## Speed play – week 3

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

# Week 4: Peak week

	Activity	Walk/run	Run only
<b>Monday</b>	Base mile	Keep to a 30-min session with 4 min brisk (Level 2) and 6 min jog (Level 3), aiming for smooth transitions between intensities.	30 mins at Level 3, ensuring a solid base of endurance is maintained without overloading before the week's key sessions.
<b>Tuesday</b>	Strength	Focus on light strength training with an emphasis on mobility rather than intensity. Opt for exercises that promote flexibility and blood flow, avoiding heavy lifting or high-impact plyometrics. Think of dynamic stretches, light bodyweight exercises, or yoga.	
<b>Wednesday</b>	Speedy play: <i>see next page</i>		
<b>Thursday</b>	Rest day	Prioritise rest, hydration, and carb-loading to prepare for the race. Focus on mental strategies and visualise the race plan.	
<b>Friday</b>	Mobiity	A light, 20-minute session focusing on dynamic stretching to keep the muscles flexible and prepared.	A very gentle 20-minute jog (Level 2) or walk (Level 1) to shake out any stiffness and nerves. Keep this session very light and focused on staying loose.
<b>Saturday</b>	Shake out	A very gentle 20-minute jog (Level 3) or brisk walk (Level 2) to shake out any stiffness and nerves. Keep this session very light and focused on staying loose.	A very gentle 20-minute jog (Level 2) or walk (Level 1) to shake out any stiffness and nerves. Keep this session very light and focused on staying loose.
<b>Sunday</b>	Play day		



## Speed play – week 4

	<b>Beginner (Walk/run)</b>	<b>Intermediate (Run only)</b>	<b>Additional notes</b>
<b>Warm up</b>	10-minute warm-up at Level 3, focusing on a comfortable jog.	10-minute warm-up at Level 3, focusing on a comfortable jog.	Prioritises muscle readiness and mental preparation for the upcoming race.
<b>Intervals</b>	Alternate 90 seconds of hard effort at Level 5 with 1 minute of gentle walking for recovery x 3 rounds.	Alternate 2 minutes of running at Level 6 with 1 minute of easy jogging (Level 3) for recovery, 3 rounds.	Tapers the intensity for beginners while maintaining a focus on speed for intermediates.
<b>Cool-down</b>	10-minute cool-down at Level 3, focusing on a comfortable jog.	10-minute cool-down at Level 3, focusing on a comfortable jog.	Ensures a proper recovery phase, setting a foundation for race day performance.