

INTENSITY

What can recreational strollers do to intensify the activity of their walks other than simply moving faster at a continuous pace? There will be a post tomorrow on this topic, titled "Summer Challenge IV: Walkers 'Championship Series Sweep' "

Change your form:

- Pump your arms, pulling elbows back rather than moving fists forward. The faster the arm pumps, the faster the walk pace. Keep your shoulders relaxed.
- Take more, but smaller steps. Runners aim for 180/mile. Walkers can try his too.
- Hold your hands such that the angle of the elbow is about 90-120 degrees, brushing the outside of your hips with each arm swing.

Perform High Intensity Routines

- High Intensity Interval walking. Alternate walking at a level 7 effort (of 1 to 10 levels, with 10 being the highest effort) for 3 minutes with walking at a level 4 effort, for at least 5 repetitions. Warm-up and Cool down 5 minutes each time, at level 3 effort

- Walk hills: Repeat walking up and down the same hill, or walk on hilly terrain. If the same hill/incline, find one with a gentle to moderate slope that you can climb in about 30-60 seconds. Repeat the uphill/downhill walk 5 times. Then walk on a level surface for 2 minutes. Repeat 2-3 times, such that the duration is about 30 minutes. Warm-up and cool-down 5 minutes each time, at easy effort.

- Insert skipping sequences into your walks. Low skips initially, progressing to slow high knee skips if you have the aerobic capacity and strength and balance to do so. Start with 2 minutes brisk walking, then skip 15-30 seconds, Repeat this walk-skip sequence 5 times. Then walk at a lower easy effort for 2 minutes. Repeat this set 2-3 times if able, such that the total duration is about 30 minutes. Warm-up and cool-down 5 minutes each time, at easy effort.

Incorporate Bodyweight Strength Exercises in your walk at set intervals.

- Walk loops in a park or area where there are benches or low walls on which you can perform the exercises each time you reach one.

- Triceps dips, and modified push-ups can be done on the benches. Sturdy low walls work well for step-ups/downs. Try doing them first in a forward direction, 5-10 times each leg stepping up, then from the side, each leg 5-10 times. Repeat this forward/side set 2-3 times, resting 1-2 minutes between each set. Planks can be done anywhere on the ground but may be most comfortable on a nice patch of grass or track surface.

-Be alert to your surroundings for personal safety at all times, especially if you are walking predictable loops.

- Pay attention to your body's hydration needs, as always in the warmed months.

You should be able to detect a PATTERN in the high-intensity routines: interval walks, hill repeats, and skipping intervals. Aim to be performing the main exercise effort for about 30 minutes, with 5 minutes of easier effort before and after.

Make it a GOAL to complete one of these workouts on each of 4 days of a 7-day week. Accomplishing this weekly level of exercise for your health is like sweeping a major sports championship, winning 4 of 7 'games' ...every week!

THESE TACTICS WORK FOR RUNNING ALSO!