



#sd8abed Indigenous Run Walk Wheel

Welcome to **week one** of the #sd8abed Indigenous Run Walk Wheel program!

With these programs you will slowly, safely, and very gradually build up to comfortably completing the 5K distance by the end of 8 weeks. The progressions should seem slow and easy, especially in the beginning when you are just getting started. Be patient and resist the temptation to skip ahead. If it feels “too easy” then that’s a good thing! The idea is that you become fitter and stronger mentally and physically so that you hardly notice the difference. The key is to keep your pace nice and easy, working on a comfortable rhythm that minimizes the impact on the body. Be patient while you string minutes together and allow it to happen easily and comfortably! You should be able to speak with people easily while you are training this week.

Check out the video from the [District Aboriginal Team here!](#)

The reflection we have for you this week is about connections to the Land we are on. **How do you connect with the Land around you?**

Make sure to use dynamic stretches before you go for your run/walk/wheel and always do static stretches when you have completed each training session!

WEEK 1

**Walk/Wheel
LearnToRun/Wheel
5K**

Here we go!

Session 1 34 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk, Run or Brisk Wheel 1 min. Recovery Walk/Wheel 2 min. Do this combination 8 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.
Session 2 20 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk, Run or Brisk Wheel 1 min. Recovery Walk/Wheel 2 min. Do this 5 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.
Session 3 28 min.	Warm-up: Walk/Wheel slow & easy 5 min. Dynamic stretches. Brisk Walk, Run or Brisk Wheel 2 min. Recovery Walk/Wheel 2 min. Do this 6 times. Cool-down: Walk/Wheel slow & easy 5 min. Static stretches.

Take it nice and slow this week and remember, #movementismedicine.