



THE FEELING SCALE

The idea is that you feel good while you are out walking so you come back again. The biggest influence on whether you feel good or bad is the intensity of the walk. Therefore, you are encouraged to participate at an intensity that makes you feel 'good'.

At the beginning of the session decide where abouts on the scale you want to feel during that days walk, from this you should attempt to maintain this feeling throughout.

If you slip into feeling 'bad' then ease off slightly, you don't need to be feeling bad whilst doing something you enjoy.

VERY GOOD		GOOD		NEUTRAL			BAD		VERY BAD	
+5	+4	+3	+2	+1	0	-1	-2	-3	-4	-5

Simply write your score in the tables on the inside of this brochure as you go along.



For more information on walking tracks in the Waitakere Ranges go to www.arc.govt.nz/parks

WITH THANKS...

This walking plan concept was developed by Sport Otago and MoveMe www.moveme.org.nz
Sport Waitakere would like to thank them for their ideas and innovation in walking.



Lead. Enable. Strengthen
Making a difference through Sport and Recreation



To find everything you need to know about walking Waitakere go to www.sportwaitakere.co.nz



7-Week Walking Programme



www.sportwaitakere.co.nz



How to get started

This is a simple **7 week walking programme** which will help you reach your walking goals. You may be aiming to compete in a walking event or increase your activity levels. Either way you will enjoy the benefits of walking more often! Fill in the Feeling Scale column on each of these tables as you go (*look on back panel for more information on the feeling scale).



WEEK 1	ACTIVITY	FEELING SCALE*
SUNDAY	30 min	
MONDAY	Rest	
TUESDAY	20 min	
WEDNESDAY	Rest	
THURSDAY	25 min	
FRIDAY	20 min	
SATURDAY	Rest	

WEEK 3	ACTIVITY	FEELING SCALE*
SUNDAY	50 min	
MONDAY	30 min	
TUESDAY	Rest	
WEDNESDAY	45 min	
THURSDAY	30 min	
FRIDAY	Rest	
SATURDAY	40 min	

WEEK 5	ACTIVITY	FEELING SCALE*
SUNDAY	1 hour	
MONDAY	40 min	
TUESDAY	Rest	
WEDNESDAY	45 min	
THURSDAY	45 min	
FRIDAY	Rest	
SATURDAY	40 min	



Head to Moire Park and try any one of the many walks with a view at every corner. Explore the gardens or pound the pavement.



WEEK 6	ACTIVITY	FEELING SCALE*
SUNDAY	1 hour	
MONDAY	40 min	
TUESDAY	Rest	
WEDNESDAY	50 min	
THURSDAY	30 min	
FRIDAY	Rest	
SATURDAY	40 min	



Looking for a change of scenery? Why not take a walk along the beach this week. Piha, Bethells and Muriwai have so much to offer.



WEEK 2	ACTIVITY	FEELING SCALE*
SUNDAY	40 min	
MONDAY	20 min	
TUESDAY	Rest	
WEDNESDAY	30 min	
THURSDAY	Rest	
FRIDAY	30 min	
SATURDAY	Rest	

WEEK 4	ACTIVITY	FEELING SCALE*
SUNDAY	1 hour	
MONDAY	30 min	
TUESDAY	Rest	
WEDNESDAY	45 min	
THURSDAY	30 min	
FRIDAY	Rest	
SATURDAY	45 min	

WEEK 7	ACTIVITY	FEELING SCALE*
SUNDAY	1 hour 20 min	
MONDAY	Rest	
TUESDAY	40 min	
WEDNESDAY	30 min	
THURSDAY	40 min	
FRIDAY	Rest	
SATURDAY	1 hour 30 min	



Take a picnic to Luckens Reserve, and then follow the Waipareira walkway around to West Harbour Marina.



Check out a walking track in or around the Waitakere Ranges this week, there are over 140 to choose from. Head to <http://www.arc.govt.nz/parks/our-parks/arataki-visitor-centre> for more information.



Now you're ready to sign up to an event. There are plenty to choose from. Contact Sport Waitakere for more information.

