



Midnight Walk Training 2009



Fact Sheet 4 Simple Leg Strengthening for Walking (plus get your legs lovely and toned for those shorts this summer!)

The reasoning behind doing some leg strengthening is to obviously make your legs stronger which will help you manage the walk more easily and possibly more quickly with fewer aches and pains and lower risk of injury. It is a common misconception that women will become muscly if they do strength training. This is not the case. Women do not have enough testosterone to enable them to 'bulk up' substantially. The pictures of the female body builders/athletes you see in magazines will be following an intense training programme, training for many hours a day and may or may not be 'natural'. So it is unlikely that by doing a few sets of some basic leg strengthening exercises a couple of time a week that you will get muscly! You are likely however to tone up your legs and you may find it easier to perform tasks such as climbing the stairs – definitely both a positive!

The following exercises should be performed after guidance from a qualified fitness professional and if you haven't exercised in a while it doesn't hurt to have a quick check up with your GP. There are varying levels of difficulty and below are just a few.

Repetitions – As we are training for an endurance event we should aim for 15 or so reps to target muscular endurance. You shouldn't be able to do many more than 15. If you can, you need to make the exercise harder, but again do this under the guidance of a qualified fitness professional.

Sets – Your 15 repetitions makes 1 set. Take 30 seconds rest and then do another set of 15 making 2 sets. You can progress this to doing a 3rd set of 15 when you feel able to.

Try to do these exercises 3 times per week, leaving 2 days rest in between each session.

The Exercises

Squats – Quads, Hamstrings & Glutes



Option 1



Option 2



Option 3

Technique

Stand with your feet shoulder width apart, feet parallel and toes pointing forwards. Keeping your weight through your heels, sit back into the squat (this

will involve sticking your butt out!). Keep your chest lifted, you will need to lean forward slightly, it is near impossible to keep your back dead upright! Your knees should stay level with, but not forwards of your toes and should not turn inwards but stay parallel throughout the movement. Go as far down as you can with perfect form, no lower than 90° at the knees though. Dig your heels in squeeze through your butt and return to the standing position again.

You can start doing this from sitting in a chair and standing up then lowering back to sitting again in order to allow you to concentrate on technique and then progress either straight to option 2 or try option 1 above.

Static Lunges/ Split Squat – Quads, Hamstrings & Glutes.



Technique

Stand with 1 foot forwards of the other, some distance apart. Your front foot should be flat and parallel and you should be on the ball of your back foot. Stand up as tall as you can to start, with your back upright. Either put your hands on your hips or use a wall or a bar for support and balance. Sink the back knee down towards the floor making sure your front knee doesn't go forwards of your front toe. Keep your back straight and upright at all times. When your knees reach 90° drive through the front heel and back toe and return to your start position standing tall again. To progress this you can add weight and progress to dynamic/walking lunges with guidance.

Calve Raises – Calves (Gastrocnemius)

Technique

Either from flat on the floor or from a small step, stand with your feet slightly apart and parallel. Holding onto something for balance rise up onto your toes keeping your weight distribution equal between your toes and your legs straight. Slowly lower to the start position. To progress you can do single legged or holding weights.



Do each exercise controlled and steady, making sure you breathe through out, ideally out on the effort phase of the exercise and in on the easier phase. Do not hold you breath!

Remember.....

.....until June 19th get £1 discount off 'dry' fitness classes at Woking Leisure Centre when wearing your Midnight Walk T-Shirt! Collect your fitness class timetable from the leisure centre or pool in the park foyer!

Next Week.....

All you need to know for the walk night – preparation and participation!

If you have any specific questions you would like answered please email to jackie.waite@woking.gov.uk.