

Learn How To Power Walk

It's Healthy, It's Fun, It's Free. Learn to Power Walk Safely. Find out how to start Power Walking, without any pain, cramps or muscle injuries (see also)

Power Walking For Beginners [CLICK HERE](#) to visit our Store - and let us try to offer you more Power Walking will be using muscles that probably haven't been stretched in years. Therefore it's important to start off gently to avoid unnecessary injury.

You will need to think about the route that you plan to walk. To gauge the distance, you could drive along your chosen route taking a note of landmarks in relation to the distance i.e. 1 mile - church, 2 miles - red painted house etc.

If you are going to walk in a park for example and unable to measure the distance, then a pedometer is ideal. Depending on your overall level of fitness you may start with just walking a mile then slowly increase the pace & distance.

Everyone's free time to walk will vary, try if possible in the beginning to walk twice a week, let's say Wed & Sun. Be careful as with most sports, not to eat or drink caffeine prior to walking or immediately afterwards. Water or a glucose-based drink when you have finished is preferable. Over 1,000 recipes. Fantastic video exercise demonstrations. Weight Watchers. Now with an online plan. SHOES You will also have to consider footwear, not all trainers are suitable for walking. If you already have trainers, take them along to your local sports shop to get checked out. If you need to buy new shoes remember improperly fitted shoes can lead to injury and pain, don't just buy off the peg, because they look good or they're cheap. Normally your trainers will be ½ - 1 size larger than your everyday footwear.

Walk short distances in your new shoes to break them in properly and avoid nasty blisters before attempting a long walk.

Try if possible to keep your walking shoes for walking only, making sure your shoes if wet after a walk are dried out properly. WARMING UP Warming up before a walk is vital. A good warm-up routine will reduce the risk of injury.

Do one or two easy stretches. A good starting stretch is to keep your feet together, knees straight reaching down to touch your toes. Hold this stretch for 15 to 30 seconds. Stand on one leg, raise the other behind you, grip the foot and gently lift the leg up from behind, when at maximum height, hold and count to 10. Repeat with the other leg. Maintain this exercise for approx. 1 min, then repeat touching your toes for 15 to 30 seconds. POWER WALKING In the beginning find a comfortable pace, don't over stretching the legs and making sure with each stride you use your arms to pump yourself forward. If you are walking with someone else, it's important for you both to find a comfortable pace, it's not a race always be aware of each others abilities.

The overall objective is to build up your speed and distance. It's no good walking slowly just so you can travel 10 miles. Likewise it's pointless over exerting yourself, just so you can walk a mile & no more at breakneck speed.

So gently build up equally both speed and distance. Good idea to keep a diary, entering after each walk your distance & time.

COOLING DOWN Cooling the muscles down is as important as warming up. When you have completed your power walk, slow down to a normal walk for about 5 minutes to keep the blood flowing throughout the body. Perform some additional static stretches to avoid muscle cramps and soreness when you have finished. [CLICK HERE](#) to visit our Store - and let us try to offer you more