



Ross Creek, Dunedin

MoveMe 6 week Walking Plan

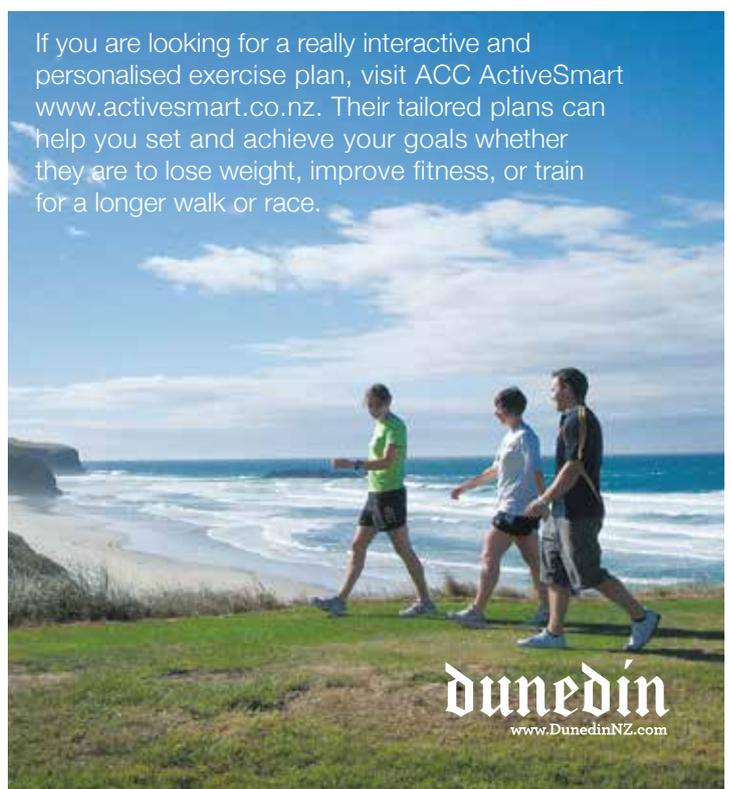
MoveMe is all about getting out, getting active, and feeling good while doing it.

With help from the professionals at Sport Otago we have created this 6-week walking plan to help you reach your goals, whether that's to compete in a walking event or just to increase your activity levels.....while getting out and enjoying Dunedin!

Getting started:

- Make it a habit by choosing a time that suits you – you are more likely to stick to it.
- Start slowly and increase the length and intensity of your walks as you feel more comfortable.
- Be flexible. If you miss a walk, don't worry – just walk again when you can.
- Be Sun Smart!
- Avoid boredom by changing your routine every now and then. Try walking tracks, parks and hills.
- Breathe deeply and rhythmically. Try breathing in for four paces and out for four.
- Using a calendar or diary to track your progress may help you stay motivated.
- Walking with friends, whānau, partner or a dog may help you stay focused.
- Be patient. It may take up to six weeks to feel the benefits of regular walking.

If you are looking for a really interactive and personalised exercise plan, visit ACC ActiveSmart www.activesmart.co.nz. Their tailored plans can help you set and achieve your goals whether they are to lose weight, improve fitness, or train for a longer walk or race.



6 week Walking Plan

Walk at your own pace, especially at the beginning. All you need is a supportive pair of shoes. You can programme the rest days to suit your own schedule too.



week 1	Sunday	12 min walk
	Monday	Rest
	Tuesday	15 min walk
	Wednesday	Rest
	Thursday	12 min walk
	Friday	Walk up and down steps for 4 min
	Saturday	Rest

TIP: Take a walk around the Dunedin Botanic Garden one day this week. The combination of flat and hilly areas gives variation, while the beautiful scenery adds to the experience!

week 2	Sunday	20 min walk
	Monday	Rest
	Tuesday	Alternate brisk/slow walks between power poles for 10 min
	Wednesday	Rest
	Thursday	20 min walk
	Friday	Walk up and down steps for 4 min
	Saturday	Rest

TIP: Why not try walking at Chingford Park? Behind the delightful bluestone stables built in the early 1870s is a circular track that climbs gradually up through the bush. Entry to the park is from North Road. When you reach the stables on the left, continue up the track on the left or right.

week 3	Sunday	Walk hilly course, sand dunes, or steps for 20 min
	Monday	Rest
	Tuesday	20 min walk
	Wednesday	10 min walk
	Thursday	20 min walk
	Friday	Walk up and down steps for 5 min
	Saturday	Rest

TIP: For a stroll with a beautiful view, try out the Portsmouth Drive to Vauxhall Yacht Club walk. Starting at the Kitchener Street Reserve carpark (off Portobello Road, just after the Strathallan Street traffic lights), follow the asphalted cycle/walkway along the harbour basin.

week 4	Sunday	Walk hilly course, sand dunes, or steps for 20 min
	Monday	10 min walk
	Tuesday	Rest
	Wednesday	Walk up and down a 100m long (not high!) hill 6 times
	Thursday	Rest
	Friday	15 min walk
	Saturday	25 min walk off road

TIP: Make the most of Dunedin's beautiful beaches and make this week's walk a sandy one (great for those calf muscles!) Try St Clair or St Kilda to start with.

week 5	Sunday	15 min walk
	Monday	Alternate brisk/slow walks between power poles for 12 min
	Tuesday	Rest
	Wednesday	20 min walk
	Thursday	Rest
	Friday	Walk briskly up and down steps for 6 min
	Saturday	15 min walk

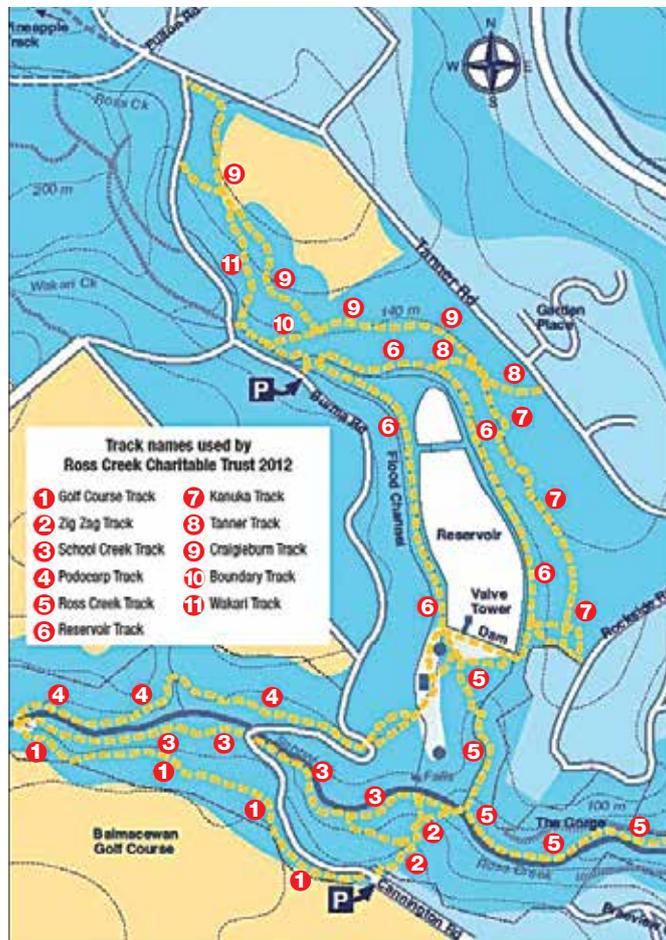
TIP: Reach new heights on the Pineapple Track, and enjoy magnificent views of the city and the Taieri Plains. Start point is the carpark on Flagstaff – Whare Flat Road.

week 6	Sunday	25 min walk off road
	Monday	15 min walk on hilly course
	Tuesday	Rest
	Wednesday	15 min brisk walk
	Thursday	Rest
	Friday	Walk up and down a 200m long hill 4 times
	Saturday	30 min walk

TIP: Why not sign up to a walking event? There are plenty of upcoming events to take part in. Find out more on the MoveMe website.

Ross Creek and surrounds

Ross Creek and the surrounding areas are rich with well-maintained walks. The options range from a peaceful stroll around the gravel circuit beside Ross Creek reservoir, to an extended ramble through the network of tracks. Fit or just starting out, there's something to suit everyone.



Ross Creek

Tracks: Easy to steep, all gravelled, some steps and streams to cross.

Parking for Ross Creek: Off Burma Road, Malvern St and Rockside Road.

Ross Creek also provides linkages to Craigieburn, Flagstaff, Swampy Summit and Leith Valley, all great walking areas.



Picking up the pace

You'll notice that some hill walks and some fast intervals are included this programme. It's OK to be puffing fairly hard at end of these short efforts, as long as you feel recovered again before doing next one. These short bursts are a way to get the most out of your walks - you'll get even fitter without needing to find more time to exercise.



Local walks

Take time to explore as many walks as you can in your local area, while recognising and respecting the cultural importance of sacred land to Māori. Tangata whenua have a special connection with the land and place cultural significance on roto (lakes), awa (rivers) and maunga (mountains) which all have mana (spiritual status). Early ancestors of te iwi Māori walked the length and breadth of the country naming mountains, hills, rivers, lakes, creeks, and valleys. All names having significant meaning for Māori – they tell a story, record history, and leave an indelible imprint on the land and its surroundings. Huriawa Peninsula, open to the public and under the kaitiaki of the Kāti Huirapa Rūnaka ki Puketeraki, is significant to Kai Tahu as a former pā site. A short network of walking tracks allows you to explore the history, wildlife and scenery. Access is from the Karitane wharf or via a sealed road from the beach to a carved entrance.

Nordic walking

Nordic walking (walking with specially designed poles) started in Scandinavia as a training plan for cross-country skiers during the summer months. The poles mean you use more muscles than regular walking, so you burn more energy. Nordic walking may be especially beneficial for older people, people with certain health conditions, and those who are overweight. To find out more about Nordic walking in Dunedin contact Di Rutter, RATA South Ltd, ph 487 9698

Walking Events

Having an event to train for gives you a goal and a timeframe to work with.

Some annual Dunedin walking events include:



The New World Stadium to Surf – March

10km fun run and walk, starting from Forsyth Barr Stadium and finishing at St Clair. The event is for all ages, all sizes, and all abilities – from families to schools to corporate team building. This is a nice flat course so is perfect for anyone getting in to activity or wanting to try an event for the first time.

www.stadium2surf.co.nz

Otago Peninsula Challenge – May

Consisting of a 15km crossing through 10 private properties, this is your once a year chance to walk, run or ride down the wild side of the Otago Peninsula. With some of the most spectacular scenery in the country, this is not an opportunity to be missed but it is definitely something to train for as it includes some challenging hills.

www.otagopeninsulachallenge.co.nz

Cadbury Dunedin Marathon, Half Marathon Run and Walk – September

The Cadbury Dunedin Marathon includes a half marathon and a recreational walk. Established in 1979, it is one of the most scenic marathons in New Zealand. The half marathon starts at the Forsyth Barr Stadium and takes in the Botanic Garden, University of Otago, Dunedin Railway Station and Chinese Gardens. It joins the full marathon course at the harbour basin and continues via the shared pathway and SH 88 to Port Chalmers.

www.dunedinmarathon.co.nz

Hill Free Half Marathon – October

The Hill Free Half Marathon event caters to all ages and abilities and includes a half marathon run, 10km run/walk and a 2km run for children under 12. As the name suggests, these races are hill free. Run on the Taieri Plains around the rural setting of Outram (Dunedin, New Zealand), this event is genuinely hill free and a great event for beginners.

www.hillcity.org.nz/hillfree

Green Prescription

Green Prescription is an activity programme designed to kick-start your physical activity levels. It is aimed at anyone who would benefit from becoming more physically active and is not currently meeting the 'healthy lifestyle' recommendation of two and half hours of moderate physical activity a week. Green Prescription also runs a Summer Walk Series which is open to the public.

For more information, contact Sport Otago (03) 474 6350.

For more tips and ideas for staying active in Dunedin see

www.moveme.org.nz

Visit MoveMe on **Facebook**: www.facebook.com/MoveMeDunedin, follow us on **Twitter**: @moveme_dunedin or sign up to our monthly **e-newsletter**: email info@moveme.org.nz or sign up via our FB page.

