

Can Too

2020

YOUR CAN TOO TRAINING GUIDE

WALK 28KM THROUGH SOME OF SYDNEY'S MOST SCENIC LOCATIONS AND RAISE FUNDS FOR A CANCER FREE FUTURE

 **Cancer Council**
7 Bridges Walk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3 AUG 2020	4 AUG 2020	5 AUG 2020	6 AUG 2020	7 AUG 2020	8 AUG 2020	9 AUG 2020
WEEK 1	REST DAY	15min walk	Pilates, Yoga or gentle strength and core exercises	15min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	15min walk + 15 min GENTLE stretch + 15 min GENTLE leg and foot massage <i>Massage aids in recovery!</i>
	10 AUG 2020	11 AUG 2020	12 AUG 2020	13 AUG 2020	14 AUG 2020	15 AUG 2020	16 AUG 2020
WEEK 2	REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage
	17 AUG 2020	18 AUG 2020	19 AUG 2020	20 AUG 2020	21 AUG 2020	22 AUG 2020	23 AUG 2020
WEEK 3	REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage
	24 AUG 2020	25 AUG 2020	26 AUG 2020	27 AUG 2020	28 AUG 2020	29 AUG 2020	30 AUG 2020
WEEK 4	REST DAY	30min walk	Pilates, Yoga or gentle strength and core exercises	30min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	30min walk + 15 min stretch + 15 min leg and foot massage

CROSS TRAINING IDEAS: An aerobic activity such as swimming or cycling that uses different muscles but still improves your cardio fitness.


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	31 AUG 2020	1 SEPT 2020	2 SEPT 2020	3 SEPT 2020	4 SEPT 2020	5 SEPT 2020	6 SEPT 2020
WEEK 5	REST DAY	40min walk/ about 2.5km	Pilates, Yoga or gentle strength and core exercises	40min walk/ about 2.5km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	40min walk/ about 2.5km + 15 min stretch + 15 min leg and foot massage
	7 SEPT 2020	8 SEPT 2020	9 SEPT 2020	10 SEPT 2020	11 SEPT 2020	12 SEPT 2020	13 SEPT 2020
WEEK 6	REST DAY	45min walk/ about 3km	Pilates, Yoga or gentle strength and core exercises	45min walk/ about 3km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	45min walk/ about 3km + 15 min stretch + 15 min leg and foot massage
	14 SEPT 2020	15 SEPT 2020	16 SEPT 2020	17 SEPT 2020	18 SEPT 2020	19 SEPT 2020	20 SEPT 2020
WEEK 7	 REST DAY	1hr walk/ about 5km	Pilates, Yoga or gentle strength and core exercises	1hr walk/ about 5km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	1hr walk/ about 5km + 15 min stretch + 15 min leg and foot massage
	21 SEPT 2020	22 SEPT 2020	23 SEPT 2020	24 SEPT 2020	25 SEPT 2020	26 SEPT 2020	27 SEPT 2020
WEEK 8	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	2.5 hour walk/ 10km + 15 min stretch + 15 min leg and foot massage

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	28 SEPT 2020	29 SEPT 2020	30 SEPT 2020	1 OCT 2020	2 OCT 2020	3 OCT 2020	4 OCT 2020
WEEK 9	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	3 hour walk/ about 12km + 15 min stretch + 15 min leg and foot massage
	5 OCT 2020	6 OCT 2020	7 OCT 2020	8 OCT 2020	9 OCT 2020	10 OCT 2020	11 OCT 2020
WEEK 10	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	5 hour walk/ about 18km + 15 min stretch + 15 min leg and foot massage
	12 OCT 2020	13 OCT 2020	14 OCT 2020	15 OCT 2020	16 OCT 2020	17 OCT 2020	18 OCT 2020
WEEK 11	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	8 hour walk/ about 24km + 15 min stretch + 15 min leg and foot massage
	19 OCT 2020	20 OCT 2020	21 OCT 2020	22 OCT 2020	23 OCT 2020	24 OCT 2020	25 OCT 2020
WEEK 12	REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY	ENJOY!! 7 BRIDGES WALK 28km + 15 min stretch + 15 min massage

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