

# Can Too

## YOUR CAN TOO TRAINING GUIDE

WALK 28KM THROUGH SOME OF SYDNEY'S MOST SCENIC LOCATIONS AND RAISE FUNDS TO BEAT CANCER!

 **Cancer Council**  
7 Bridges Walk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5 AUG 2019	6 AUG 2019	7 AUG 2019	8 AUG 2019	9 AUG 2019	10 AUG 2019	11 AUG 2019
<b>WEEK 1</b>	REST DAY	<b>15min walk</b>	Pilates, Yoga or gentle strength and core exercises	<b>15min walk</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>15min walk</b> + 15 min GENTLE stretch + 15 min GENTLE leg and foot massage <i>Massage aids in recovery!</i>
	12 AUG 2019	13 AUG 2019	14 AUG 2019	15 AUG 2019	16 AUG 2019	17 AUG 2019	18 AUG 2019
<b>WEEK 2</b>	REST DAY	<b>20min walk/ 1km</b>	Pilates, Yoga or gentle strength and core exercises	<b>20min walk/ 1km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>20min walk/ 1km</b> + 15 min stretch + 15 min leg and foot massage
	19 AUG 2019	20 AUG 2019	21 AUG 2019	22 AUG 2019	23 AUG 2019	24 AUG 2019	25 AUG 2019
<b>WEEK 3</b>	REST DAY	<b>20min walk/ 1km</b>	Pilates, Yoga or gentle strength and core exercises	<b>20min walk/ 1km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>20min walk/ 1km</b> + 15 min stretch + 15 min leg and foot massage
	26 AUG 2019	27 AUG 2019	28 AUG 2019	29 AUG 2019	30 AUG 2019	31 AUG 2019	1 SEPT 2019
<b>WEEK 4</b>	REST DAY	<b>30min walk</b>	Pilates, Yoga or gentle strength and core exercises	<b>30min walk</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>30min walk</b> + 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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	2 SEPT 2019	3 SEPT 2019	4 SEPT 2019	5 SEPT 2019	6 SEPT 2019	7 SEPT 2019	8 SEPT 2019
<b>WEEK 5</b>	REST DAY	<b>40min walk/ about 2.5km</b>	Pilates, Yoga or gentle strength and core exercises	<b>40min walk/ about 2.5km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>40min walk/ about 2.5km</b> + 15 min stretch + 15 min leg and foot massage
	9 SEPT 2019	10 SEPT 2019	11 SEPT 2019	12 SEPT 2019	13 SEPT 2019	14 SEPT 2019	15 SEPT 2019
<b>WEEK 6</b>	REST DAY	<b>45min walk/ about 3km</b>	Pilates, Yoga or gentle strength and core exercises	<b>45min walk/ about 3km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>45min walk/ about 3km</b> + 15 min stretch + 15 min leg and foot massage
	16 SEPT 2019	17 SEPT 2019	18 SEPT 2019	19 SEPT 2019	20 SEPT 2019	21 SEPT 2019	22 SEPT 2019
<b>WEEK 7</b>	 REST DAY	<b>1hr walk/ about 5km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr walk/ about 5km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>1hr walk/ about 5km</b> + 15 min stretch + 15 min leg and foot massage
	23 SEPT 2019	24 SEPT 2019	25 SEPT 2019	26 SEPT 2019	27 SEPT 2019	28 SEPT 2019	29 SEPT 2019
<b>WEEK 8</b>	REST DAY	<b>1hr 10min walk/ about 6km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr 10min walk/ about 6km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>2.5 hour walk/ 10km</b> + 15 min stretch + 15 min leg and foot massage

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	30 SEPT 2019	1 OCT 2019	2 OCT 2019	3 OCT 2019	4 OCT 2019	5 OCT 2019	6 OCT 2019
<b>WEEK 9</b>	REST DAY	<b>1hr 10min walk/ about 6km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr 10min walk/ about 6km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>3 hour walk/ about 12km</b> + 15 min stretch + 15 min leg and foot massage
	7 OCT 2019	8 OCT 2019	9 OCT 2019	10 OCT 2019	11 OCT 2019	12 OCT 2019	13 OCT 2019
<b>WEEK 10</b>	REST DAY	<b>1hr 10min walk/ about 6km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr 10min walk/ about 6km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>5 hour walk/ about 18km</b> + 15 min stretch + 15 min leg and foot massage
	14 OCT 2019	15 OCT 2019	16 OCT 2019	17 OCT 2019	18 OCT 2019	19 OCT 2019	20 OCT 2019
<b>WEEK 11</b>	REST DAY	<b>1hr 10min walk/ about 6km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr 10min walk/ about 6km</b>	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	<b>8 hour walk/ about 24km</b> + 15 min stretch + 15 min leg and foot massage
	21 OCT 2019	22 OCT 2019	23 OCT 2019	24 OCT 2019	25 OCT 2019	26 OCT 2019	27 OCT 2019
<b>WEEK 12</b>	REST DAY	<b>1hr 10min walk/ about 6km</b>	Pilates, Yoga or gentle strength and core exercises	<b>1hr 10min walk/ about 6km</b>	REST DAY or 20min Cross Training	REST DAY	<b>ENJOY!!</b> <b>7 BRIDGES WALK 28km</b> + 15 min stretch + 15 min massage

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