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An 8 Week Fitness Training Program

By: William M. Whitmire

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WALK YOUR WAY TO HEALTH

An 8 Week Fitness Training Program

By: William M. Whitmire

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This is the Actual TOC of Full Version!

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*Before beginning this or any other training program always consult a physician to determine any restrictions your present condition may impose on your training activities and level of exertion.

7 Benefits of A Walking Fitness Regime

If we are out of shape it is important to begin a [personal exercise program](#). To get in better shape we need to engage in cardio, strength and flexibility exercises to retrain our bodies. An out of shape body can lead to complications with our health so the sooner we begin an exercise program the better. No one wants to get old before their time and a lifestyle that is lacking an exercise program can produce exactly that result.

Improved Heart Functions

An out of shape heart wastes energy and takes longer to recuperate from exercise. The stronger the heart is the better it will function in moving blood throughout the body. Fresh blood to all parts of the body will improve the whole human system.

Improved Lung Functions

If you are not exercising on a regular basis the lungs have to work harder to supply the body with oxygen. [Aerobic exercises](#) make it easier for the lungs to enrich the blood the faster oxygen can get to the parts of the body that need it.

Improved Circulatory Functions

Without [cardiovascular exercises](#) the body's many blood vessels can become constricted and congested. Warming up the muscles during exercise will dilate arteries and capillaries improving circulation so they can accept the blood and oxygen necessary to promote good health.

Improved Sense of Well Being

A lack of exercise can produce a sluggish and fatigue feeling in people. During cardio exercises the body releases endorphins which are natural pain suppressors and produce a sense of euphoria in the person. A personal exercise program will provide a person with a renewed sense of well being and accomplishment.

Improved Strength

Atrophy of the muscles can occur when they are not exercised on a regular schedule. A [personal exercise program](#) including weight lifting exercises will build up the strength of muscle tissue and reverse this atrophy. Even small weight training routines can mobilize motor units in the muscles for increased amounts of strength.

Improved Flexibility

Sitting around is training the muscles to remain in a contracted position. The stretching and flexing of muscles during physical exercise will train them to be more pliable and during performance the muscles will react with more ease and less pull. This will reduce injury and increase flexibility.

Improved Physical Appearance

Glucose is the main source of energy for the body and excess glucose is stored as fat. During exercise the body accesses this glucose by breaking it down and turning it into energy which results in fat loss. Consistent physical exercise will produce toned muscles and less body fat thereby improving your physical appearance.

A personal exercise program is one of the best investments you can make toward your overall health. You don't have to set any world records just be progressive and consistent. Take it so and easy at first and gradually increase the intensity of workouts as you get in better fitness condition. Just remember you won't be alone there's a lot of people engaged in personal fitness exercise programs who are trying to lose weight and get in shape too.

Understanding Training Adaptation

We will discuss in this [section](#) how the body may respond to the demands that training places on it and the specifics you should know in order to engage in a training routine that will ensure continual improvement while reducing any negative effects of caused by over-training.

During a training routine the body can progress through three stages, stages that will become obvious by very specific signs. The [keyword phases](#) and signs are:

Alarm Phase: Sign (Out of breath)

Resistance Phase: Sign (Second wind)

Exhaustion Phase: Sign (Muscle failure)

These signs are not necessarily negative, but depending on the training effect sought from the routine they can be. Let's take the exhaustion phase for example; muscle failure is a necessary component for building new levels of strength for [bodybuilders](#). This phase must be reached in order for them to reach their goals of building new muscle mass. They are working at a 100% training effect.

A walking fitness regime should not produce an exhaustion phase or muscle failure because training effects never exceed 80%. If muscle failure occurs from a walking regime the training effect is way too high and needs to be dropped back.

When you begin a walking regime you will experience the alarm phase and feel out of breath but the body will move out of the anaerobic energy system and kick into the [aerobic](#) energy system, you'll then feel the onset of your second wind. But this is as far as the phases should advance. >>>

Specificity-Overload-Progressive Application

Every effective fitness routine takes into account three training principles: *Specificity*: Strength, Endurance, Speed and Agility are components of

specificity. The specific goals of a [fitness program](#) should be addressed in a training program. A walking routine targets endurance and leg strength specifically.

Overload: The work load exerted on the muscles challenges them and therefore produces improvement. Overload should be done progressively to eliminate any negative training effect such as excessively sore muscles, lack of motivation or injury.

Progressive Application: Overload should be progressive. In a walking routine the *activity to rest ratio* assures a gradual overload producing gradual progress. A proper activity to rest ratio, alternating between moderate and mild activity levels, such as in walking, ensures progressive overload. Proper overload levels are the gateway to better fitness levels assuming they are gradual and progressive.

Overloading Specifics:

Frequency: How often are training routines performed? A walking training routine, at least in the beginning, should be performed at least four days per week for maximum results.

Duration: This is how long each training session last? Ideally 60 to 90 minutes per session will achieve best results.

Intensity: What is the percentage of maximum output for the student? (Heart beats per minute) *This level varies by individual, learn to calculate yours below.

Mode of Training: The kind of [fitness activity](#) in the training routine will impact the intensity. Different activities affect overload specifics differently.

The body utilizes two different energy systems to fuel exercise: aerobic and anaerobic systems.

Anaerobic effect: The first two or three minutes of exertion is fueled by this energy system. Anaerobic activities are characterized by stop and go bursts of short duration. Glucose in the blood fuels this kind of activity. The first 3 minutes of walking is fueled by this system.

Aerobic effect: After more then 3 minutes of sustained activity the aerobic energy system kicks in and the body begins to metabolize fat reserves to fuel sustained activity. The triggers are increased heart-rate and amounts of oxygen consumed during the activity.

Below is the every other day or 4 times per week walking program. Also be certain to check your heart rate periodically to be certain you're not exceeding your [training effect](#) percentage. A Progress Sheet is Also Provided Here>>>[Click Here](#)

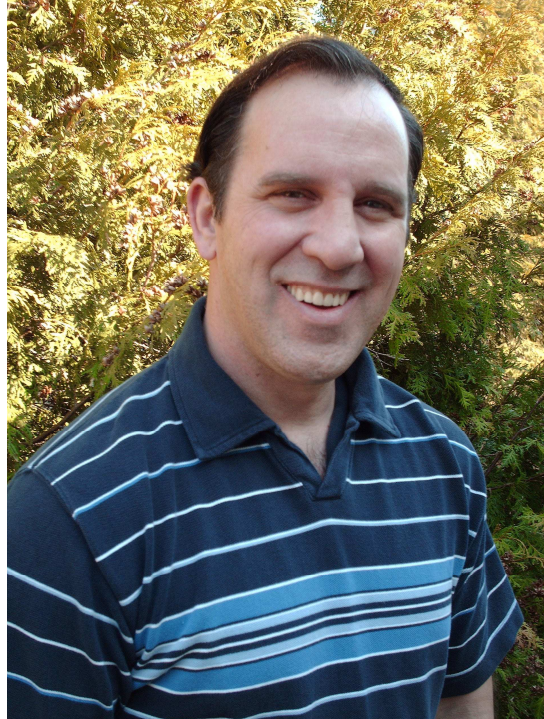
Week 1 Walking Mode 50% T.E.	Walk 1	Walk 2	Walk 3	Walk 4
Mild Walking	9 minutes	9 minutes	9 minutes	9 minutes
Brisk Walking	1 minutes	1 minutes	1 minutes	1 minutes
Mild Walking	9 minutes	9 minutes	9 minutes	9 minutes
Brisk Walking	1 minutes	1 minutes	1 minutes	1 minutes
Mild Walking	9 minutes	9 minutes	9 minutes	9 minutes
Brisk Walking	1 minutes	1 minutes	1 minutes	1 minutes
Mild Walking	9 minutes	9 minutes	9 minutes	8 minutes
Brisk Walking	1 minutes	1 minutes	1 minutes	2 minutes

Week 2 Walking Mode 50% T.E	Walk 5	Walk 6	Walk 7	Walk 8
Mild Walking	8 minutes	8 minutes	8 minutes	8 minutes
Brisk Walking	2 minutes	2 minutes	2 minutes	2 minutes
Mild Walking	8 minutes	8 minutes	8 minutes	8 minutes
Brisk Walking	2 minutes	2 minutes	2 minutes	2 minutes
Mild Walking	8 minutes	8 minutes	8 minutes	8 minutes
Brisk Walking	2 minutes	2 minutes	2 minutes	2 minutes
Mild Walking	8 minutes	8 minutes	8 minutes	7 minutes
Brisk Walking	2 minutes	2 minutes	2 minutes	3 minutes

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William M. Whitmire is a 25 year veteran owner of a fitness and martial arts academy. He has written numerous books, training manuals, articles and curriculum lessons for hundreds of enthusiasts. If you'd like to have a customized book written for your interest contact him at:

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