GET FIT FOR YOU
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WEEK 1: TECHNIQUE

Goal: Master the Urban Poling technique remembering these tips:

- Start with dragging your poles behind you.
- Swing your arms naturally, opposite arm and leg.
- Lift your arm to the handshake position.
- Plant the pole and press down on the base of the grip to engage your core muscles.
- Go back to dragging the poles if you get mixed up.

Duration: 5 days x 10 minutes.
Goal: Pole at a consistent pace for 20 minutes 3 non-consecutive days.

Slow your pace to the point where you can carry on a conversation while poling. When poling, you tend to walk faster than without poles so this may take some practice.

Duration: 3 days x 20 minutes.
Goal: Include 3 minutes of stretching after 5 minutes of poling and you’re warmed up.

Focus on stretches with slow controlled movements. Try these stretches with your poles:
- Marching with high knees
- Butt kicks
- Squats
- Lunges
- Shoulder circles

Duration: 3 days x 20 minutes.
Goal: Increase your poling to 4 times per week.

Tips:
- Choose consistent days and time of day to pole so it is routine.
- Choose a time of day when you feel the most energetic.
- Mix things up and change your route.

Don’t forget to include 3 minutes of stretching after 5 minutes of a pole walking warm up at the start.

Duration: 4 days x 20 minutes.
Goal: Add 2 faster pace intervals for 3 days.

5 minute pole walking warm up
3 minutes of dynamic stretches
2 minutes poling at a regular pace
Do 2 intervals:
  1 minute fast pace
  4 minutes talking pace (reg pace)

Adjust the duration of the faster pace to less or more time to what you are comfortable with.

Duration: 4 days x 20 minutes. Intervals for 3 days plus 1 day at a regular pace.
Goal: Continue with the interval routine so you can confidently achieve completing it.

Tip: If you don’t like to use a watch to time your intervals, use a distance marker such as a street block, or if you like to walk to music, use a chorus as your fast pace (for safety, use only one ear bud.)

Duration: 4 days x 20 minutes. Intervals for 3 days plus 1 day at a regular pace.
WEEK 7: INTERVAL IMPROVEMENT

Goal: Increase your fast pace by 30 seconds.

5 minute pole walking warm up
3 minutes of dynamic stretches
2 minutes poling at a regular pace
Do 2 intervals:
  1.5 minutes fast pace
  3.5 minutes talking pace

Alternatively to increasing your fast pace, reduce your talking pace.

Duration: 4 days x 20 minutes. Intervals for 3 days plus 1 day at a regular pace.
Goal: Challenge yourself with hills.

Switch things up, one day pole up hill as alternative to your fast pace time.

5 minute pole walking warm up
3 minutes of dynamic stretches
2 minutes poling at a regular pace
Do 2 intervals:
  1.5 minutes fast pace/up hill
  3.5 minutes talking pace

Duration: 4 days x 20 minutes. Intervals for 3 days plus 1 day at a regular pace.
WEEK 9: SHORTER FASTER

Goal: Add a 5th short poling day at a fast pace for 5 to 10 minutes. Start with a 1-2 minute warm up at a regular pace.

You should feel more energetic now, but don’t overdue your fast pace day.

Duration: 4 days x 20 minutes with intervals for 3 days and 1 day at a regular pace. 5th day at a fast pace.
Goal: Keep up your routine.

Suggestions to build on:
- Increase your time to 30 min. per day.
- Increase your fast pace duration.
- Decrease your talking pace duration.
- Increase your frequency to 6 days/wk.
- Try poling on sand, snowshoeing, or hiking with poles.
- Take your poles with you on your holidays.

Duration: 4 days x 20 minutes with intervals for 3 days and 1 day at a regular pace. 5th day at a fast pace.
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