STRETCHING EXERCISES

Lower Back

Hamstring
STRETCHING EXERCISES

Groin

ITB (Iliotibial Band)
STRETCHING EXERCISES

Hip Flexors

Quads

Calves
STRETCHING EXERCISES

Shoulder and Trunk Stretch

Shoulder Stretch
STRENGTHENING EXERCISES

Abdominals

Wall Sits

Quads
STRENGTHENING EXERCISES

Groin Strength

Hamstring

Buttocks

Chest and Arms
How do I get started?

The beginning is always difficult, but you made the hardest decision and that is to get started. There are many ideas of how to start, mine is a combination of research, experience and common sense. After checking with your doctor, if you had a previous illness or injury that has prevented you from exercising, this is how you begin:

**Week 1:**
Walk 3 times a week at a comfortable pace for 10 minutes

**Week 2:**
Walk 3 times a week at a comfortable pace for 15 minutes

**Week 3:**
Walk 3 times a week at a comfortable pace for 20 minutes

**Week 4:**
Walk 4 times a week at a comfortable pace for 20 minutes

**Week 5 and 6:**
Walk 4 times a week at a slightly faster pace for 20 minutes

**Week 7 and 8:**
Walk 5 times a week at the above pace for 20 minutes

You are now 2 months into your walking program you are ready to maintain this program. If you increase your program, increase only one part of the program (e.g. if you increase your speed, leave the number of days per week and duration the same)

**Note:** Instead of using duration as a measuring factor you may use distance.
(e.g. instead of 10 minutes walk 2 laps on a track)

“Be faithful in small things because it in them that your strength lies”

*Mother Teresa*
I’m bored, I need a little more of a challenge…

Once you build up to 30 minute walking sessions you can start doing what runners call fartlecks. It is a Swedish word that means speedwork. When doing the speed part of your workout, you can use the “talk test.” If you can talk while you are walking, it is the correct speed. You can also take your pulse. The general safe pulse or heart rate for a workout at this level is 60% of your maximum heart rate (220- your age) or 220-age X .60.

**Week 1:** 30 minutes total 4-5 days per week
5 min. warm-up walk – slow steady pace
5 min. - faster pace
7 min. – steady comfortable pace
3 min. – faster pace
10 min.- cool down – slow steady pace

**Week 2:** same as week 1
5 min. warm-up walk – slow steady pace
5 min. - faster pace
7 min. – steady comfortable pace
5 min. – faster pace
8 min.- cool down – slow steady pace

**Week 3:** 35 minutes total 4-5 days per week
5 min. warm-up
7 min. - faster
8 min. – steady comfortable pace
5 min. – faster pace
10 min.- cool down – slow steady pace

**Week 4:** same as week 3
5 minute warm-up
7 min. - faster
8 min. – steady comfortable pace
7 min. – faster pace
8 min. - cool down – slow steady pace

Always do a warm-up and cool-down for 5-10 minutes. You can also use hills as a substitute for a faster pace.

“When you get into a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.”

*Harriet Beecher Stowe*
How can I burn the most calories?

You must have a base of 30 minutes at a moderate pace

**Week 1: 30 min. total 5 times per week**
- 5 min. warm-up – moderate pace
- 20 min. – fast pace (60% max heart rate: 220-age X .60)
- 5 min. cool-down

**Week 2: 35 min. 3 times per week**
- 5 min. warm-up – moderate pace
- 25 min. fast pace (60% max HR)
- 5 min. cool-down
- 30 min. 2 times per week as in week 1

**Week 3: 35 min. 5 times per week**
As above

**Week 4: 40 min. 3 times per week**
- 5 min. warm-up
- 30 min. fast pace (60% max HR)
- 5 min. cool-down
- 35 min 2 times per week as in week 2

**Week 5: 40 min. 5 times per week**
As in week 4

**Week 6 & 7: 45 min. 3 times per week**
- 5 min. warm-up
- 35 min. fast pace (60% max HR)
- 5 min. cool-down

**Week 8: 45 min. 5 times per week**
As above

“*Continuous effort, not strength or intelligence is the key to unlocking our potential.*”

*Liane Cardes*
HIKING ON LONG ISLAND

Pine Barrens Trials
Information Center
¾ mile north of L.I.E
Exit 70 on C.R. 111
Manorville, NY
Phone: 631-369-9768

Sunken Forest
Foster Avenue in Sayville
Sayville, NY

Watch Hill
West Avenue
Patchogue, NY

Wildwood State Park
Wading River, NY 11792
Phone: 631-929-4314

Fire Island Trail
The Center of Fire Island
Fire Island, NY

Calverton Ponds Preserve
Old River Road
Riverhead, NY

Sunken Meadow State Park
Kings Park, NY

Daniel R. Davis Preserve
Mt. Sinai-Coram Road
Coram, NY

Nissequogue River State Park
Kings Park, NY

Robert Moses State Park
Babylon, NY
Phone: 631-669-0470

Caleb Smith State Park
Preserve
P.O. Box 963
Smithtown, NY
Phone: 631-265-1954

Wertheim
Carman’s River in Shirley
Shirley, NY

Vail Blydenburgh Sanctuary
Eckernkamp Road
Smithtown, NY

The Long Island Greenbelt Trail
North Shore, NY

Butler Huntington Woods
Fifty Acre Road
St. James, NY

The Nassau/Suffolk Trail
Cold Spring Harbor, NY

Heckscher State Park
East Islip, NY

East Farm and Avalon Preserves
Shep Jones Lane
Village of Head of the Harbor, NY

Paumanok Path
“Appalachian Trail”
Rocky Point to Montauk Point, NY

Connetquot River State Park Preserve
P.O. Box 505
Oakdale, NY
Phone: 631-581-1005

Fire Island National Seashore
120 Laurel Street, Patchogue, NY
Park Headquarters
Phone: 631-289-4810

Fire Island Lighthouse
Phone: 321-7028

Sailors Haven Visitor Center
Phone: 631-596-618

Compiled by Alissa Punger, Intern Department of Campus Recreation 2004
## Walking Log

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