

Walking Circuits

Increase the intensity and add some fun to your walks!

Walking is one activity that most everyone has to do at least a little each day. Walking is also a great form of aerobic activity, though oftentimes people think that walking is too easy to benefit their fitness. Everyone can find benefit by adding variety to their walks in the form of circuits once or twice a week. Circuits not only challenge the body in different ways than it is used to, but circuits provide very efficient training. They can allow for the same calorie burn as regular walking in a shorter amount of time. Below are some ideas on how to create circuits to add to your routine.

- ⇒ Every one or two minutes, change the pace that you are walking at or alternate between walking and jogging.
- ⇒ Change your walking pace every two or three mailboxes, trees or cars.
- ⇒ Use bleachers and/or stairs. Determine a route with stairs or bleachers at the end. Complete the route and then walk up and down the bleachers/stairs for one minute. Continue for the length of your planned workout.
- ⇒ Add strength exercises to your walk. (see 'walls', 'benches' and 'curbs' below for ideas). After 5 minutes of cardiovascular work, stop for one strength exercise. Continue alternating between cardio and strength exercises.
- ⇒ Use your surroundings to add fun to your typical routine.
 - Hills Just walking up hills will get your heart pumping a little harder.
 - **Sand** Sand requires muscles to work harder to propel the body forward and provides a great challenge to a routine.
 - Water The resistance water provides adds a different element to walking.
 - Walls Walls can be used for push-ups, stretching or wall leap intervals to pep up your average walk.
 - **Benches** Benches can be used for intervals within your typical walk. Tricep dips and push-ups can easily be done with the help of a bench.
 - **Curbs** Use curbs for cardio or strength intervals within your walking routine. You can do step-ups, heel drops for quadriceps and glute strengthening, front-back hops or lateral hops.
 - ⇒ Stop at the park and play. Playgrounds provide some great tools such as the monkey bars, rope climb, swings or a rock wall for fun intervals. Perform a series of playground activities, then walk around the block and come back for more fun
 - ⇒ Agility drills are adaptable to any walking environment. Use either a line on the floor or a crack in the sidewalk, do front-back hops, lateral hops or diagonal hops. The focus of your hopping can either be for speed or for height. You can also do quick steps back and forth over the line/crack to increase your foot speed.

As you can see, there are a vast number of a ways to change up your typical walking routine. Find a couple ideas that you like and add variety to your walking routine.