

## Running | Nordic walking for runners

By Karen Asp

This walk/run plan is perfect if you're a runner who wants a low-impact cross-training plan that will help you maintain your fitness while reducing your risk of injury -- and sculpting a sleek upper body at the same time! Use the poles only on your walking days; on running days, follow the suggested intensity levels.

|                                       | Su            | M   | T             | W   | Th  | F   | Sa   |
|---------------------------------------|---------------|---|---------------|---|---|-----|--|
| <b>Workout</b>                        | 45-minute run | 45 minutes of Nordic walking with 20 minutes of uphill repeats. Drive your knees up the hill and push vigorously with the poles. As you walk down the hill to recover, use the poles to ease the impact on your joints. | 30-minute run | 40-minute run with 20 minutes up-tempo in the middle to help maintain speed and form. | 30 minutes of Nordic walking. Focus on your posture: Keep your eyes on the horizon so your chin is level and your eyes are forward, not down; avoid hunching your shoulders or creating excess sway in your lower back. | Off | 60 minutes of Nordic walking on varied terrain. Find a trail or similar route that will allow you to go up and down rolling hills at least half of the time. |
| <b>Level of Difficulty</b>            | Easy          | Moderate  | Easy          | Hard  | Easy  |     | Easy   |
| <b>Calorie Burn*</b><br>(approximate) | 450           | 425   | 350           | 500   | 180   |     | 360  |

\* Calorie count based on 140-pound woman

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