

Training for a walk

Are you planning to take part in an organized walk or run in the near future? It's a great way to have fun and get in shape too. Even if the event is a few months away, it's not too early to start training now. You want to be able to finish **and** feel good afterward.

Here is a plan to work up to a 10K (6.2 miles) walk adapted from www.walking.about.com. If you are starting off as a beginner, **walk five days each week** and **gradually increase the time** you walk each week. Use one day each week as a **mileage builder**, to walk farther than in previous days, building endurance and toughening your feet. If you find a week to be too difficult, repeat it the next week instead of adding more time. Progress to longer walks when you feel ready.

Your first week, walk 15 minutes on five days at an easy pace for a total of 60-75 minutes. Spread out your rest days (for example, rest on day 3 and day 6.)

Your second week, increase by 5 minutes so that on 4 days you walk 20 minutes. On your mileage-building day walk 30 minutes.

Your third week, add 5 minutes a day to walk 25 minutes, 4 days a week. Increase to a moderate pace, at which you may be breathing more noticeably but are not out of breath. You should be able to talk while you walk. On your mileage-building day walk 45 minutes.

Starting with your fourth week, walk 30 minutes

at a moderate pace on 4 days. For your mileage builder in week 4, walk 60 minutes at a moderate pace. Slow down occasionally if needed.

The fifth week, walk 30 minutes at a moderate pace on 4 days. Walk 90 minutes at an easy pace for your mileage-building day. Work on increasing speed on your shorter walks.

For the sixth week, walk 30 minutes at a moderate pace on 4 days. For your mileage building day, figure out a route that is 6.2 miles (10k) and walk it!

In weeks 7 and 8, walk 30 minutes at a moderate pace on 4 days. On your mileage building days, walk 120 minutes at a moderate pace to build stamina. **You are ready!**

Some other tips to help you prepare:

- Give yourself at least 4 weeks to adjust to new walking shoes.
- Wear good absorbent walking socks..
- Check with your doctor before you start training if you have health problems.

There is a lot of additional information at www.walking.about.com. If you want to train for a run, you will find training plans online. Check out the one at www.fromcouchto5k.com.

Recipe of the Week : Baked Fish with Herbs

Makes 4 servings adapted from marthastewart.com

4 6-ounce fish fillets like tilapia or haddock
Salt and pepper to taste
3 Tablespoons low-fat mayonnaise
½ cup chopped fresh parsley
2 Tablespoons chopped fresh herbs or 2
teaspoons dried herbs (dill, cilantro,
tarragon or chives)
Lemon wedges

- Preheat oven to 375 degrees.
- Place fish on baking sheet, flat side down.

- Season each fillet with salt and pepper.
- Spread ¼ of the mayonnaise over each fillet, coating evenly.
- Sprinkle fish with parsley and herb.
- Bake till opaque throughout, about 15 minutes.
- Serve with lemon wedges or sprinkle with lemon juice.

Nutrition information:

Calories: 259 Fat: 6.6g Saturated Fat: 1.28g
Carbohydrates: 1.4g Fiber: .2g Protein: 45 g

Tip of the Week

A key recommendation of the new Dietary Guidelines for Americans 2010 is to eat less. One simple way to eat less is to start your meal with a lightly dressed salad. It counts towards your daily servings of fruits and vegetables and it helps fill you up. -- from Cooking Light