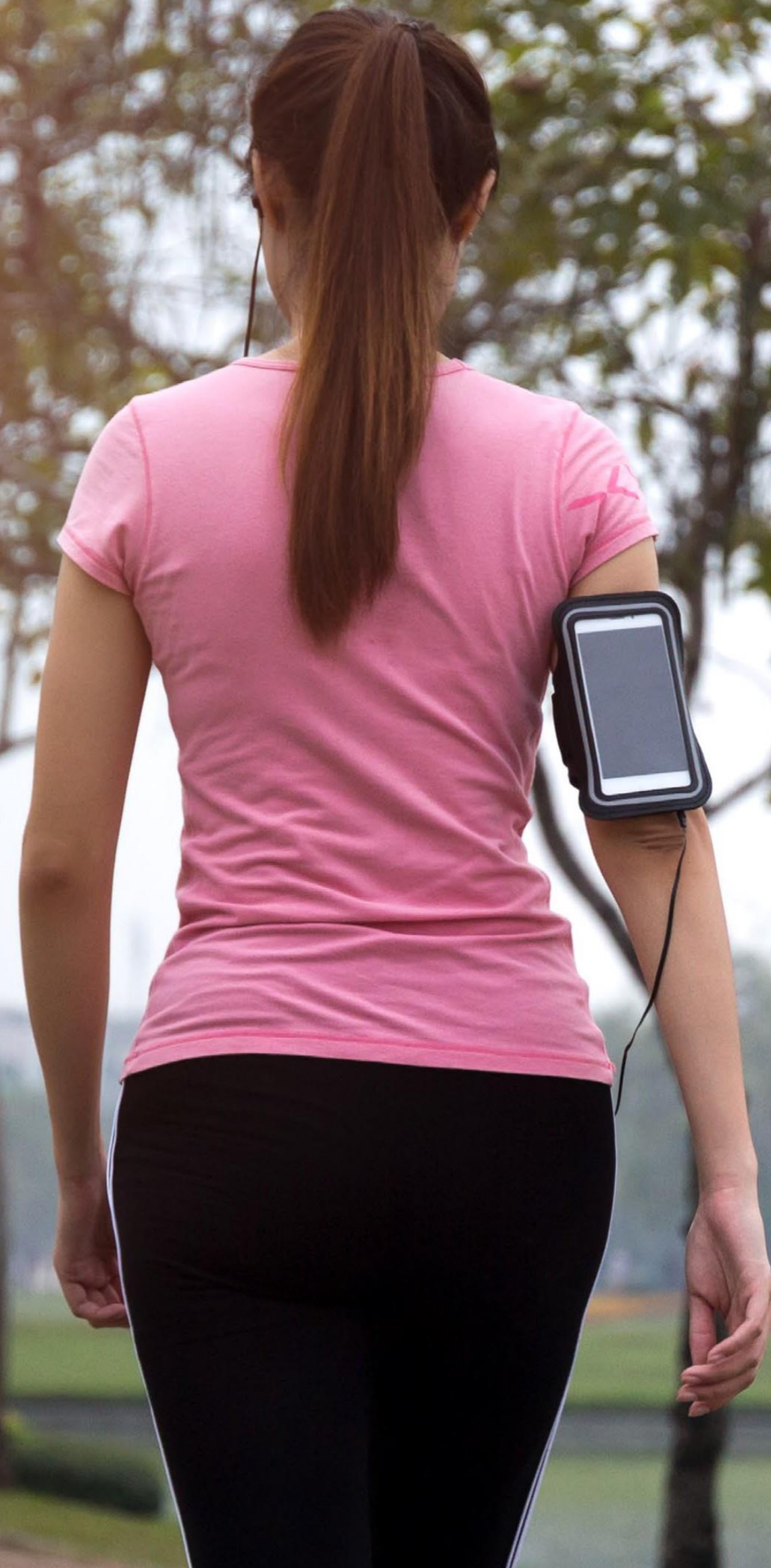


Welcome to the JPMorgan September
Challenge

Deskto 5km walk

J.P.Morgan





Disclaimer

- Please note that any session participation is done entirely at your own risk
- If you suffer from any medical conditions, you should seek medical advice before taking part
- Neither Nuffield Health nor JPMorgan accept any liability for any injuries or losses whatsoever that you sustain whilst participating in this class (unless in the instance that we are negligent), and Nuffield Health and JPMorgan each exclude our liability to the fullest extent permitted by law
- Please make sure you are able to complete warm ups and exercise in a safe and timely manner, and that you have an adequate space within which to do so – we will give different options for you to follow at your own level and pace
- Please make sure you have water with you, stop for a break if needed and carry out the sessions in a suitable and safe environment
- If you feel dizzy or unwell during any session you should stop immediately and, if necessary, seek help or medical advice
- You may be required to download third party software and/or use third party IT platforms in order to participate in the sessions, which you do entirely at your own risk
- Neither Nuffield Health nor JPMorgan are liable for any security and/or technical issues that you may incur as a result of streaming, downloading, accessing or otherwise using third party software and we give no assurances that the streaming will be uninterrupted or error-free.

Programme journey

Programme overview and what to expect.

Don't worry, you won't take on this journey alone.

We will be on hand to help guide and support you along the way.



Introduction



Scan to sign-up



Getting started



Expert guidance



Midway Q&A



8 week plan

Always consult with a member of gym staff if you're unsure how to operate any of the equipment or exercises listed within this programme.

Move more!

The importance of movement, the consequences of too much sitting and strategies for intervention.

Being highly sedentary

Includes sitting during commuting, in the workplace, the domestic environment and during leisure time.

- 49% increased risk of all-cause mortality
- 90% increased risk of cardiovascular mortality
- 112% increased risk of diabetes
- 147% increased risk of cardiovascular disease.

Research shows that:

Since 1960:

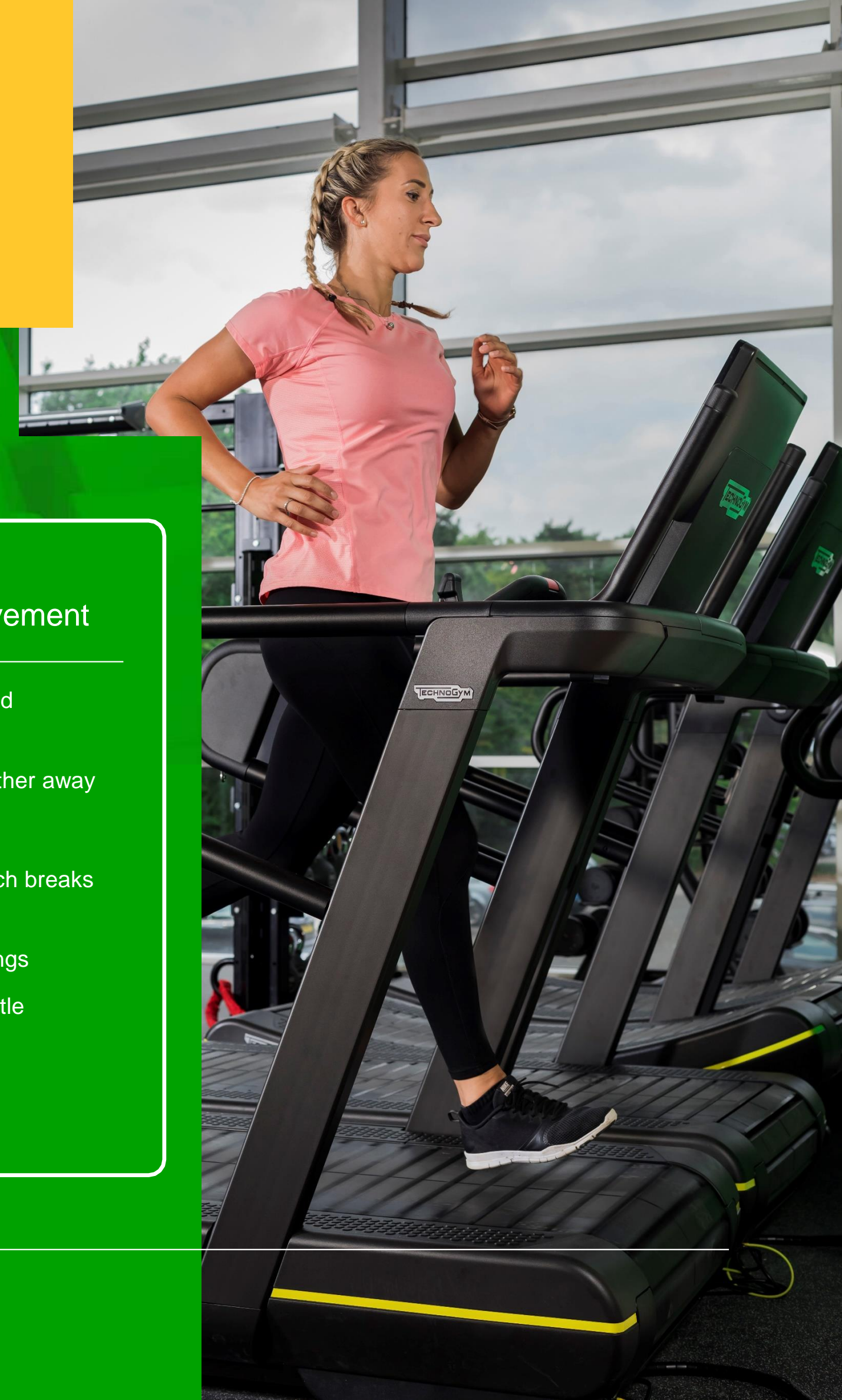
- Estimated energy expenditure loss at work has been 175 kcal/day (Church et al 2011)
- 20% reduction in physical activity, which could be 35% by 2030 (Ng et al 2012)
- Reduction of walking by 60 miles/year (Fox et al 2007).

There is good evidence showing:

- You need as much as 60-75 minutes of moderate intensity activity to combat the dangers of sitting for prolonged periods of time.
- Breaking up sitting time lowers disease risk.
- Sitting for prolonged periods of time can contribute to increased lower back pain due to shortened tight muscles.

Strategies to increase movement

- Walk laps around the office
- Use printers further away
- Use the stairs
- More active lunch breaks (Walk or gym)
- Standing meetings
- Fill up water bottle more often.



Getting started

Walking is a fantastic way to kick-start your fitness plan. It requires minimal equipment, and no matter your fitness level you can still benefit from it.

Walking is lower weight bearing than running, so the risk of injury is reduced. You can get up and walk with minimal warm up. Walking is an exercise best done with a partner or in a group –lower intensity means you can catch up on old news or get to know someone whilst getting your exercise at the same time. So lace up your shoes and get stepping!



What equipment you'll need:

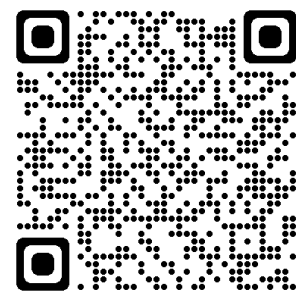
- Walking shoes/trainers
- Foam roller (optional)
- Bottle of water
- Stretch mat (optional)



Stretch and mobilise

- These low-impact routines for flexibility and mobility will help you prevent injury and improve your performance in other workouts.
- You can perform them both before and after exercise.

Top exercises and stretches to improve your walking performance:



Track your walk with Runkeeper from Asics:

[Google Play Store](#)
[Apple App Store](#)



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Training plan weeks 1-4



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>First steps</p> <p>Head out for a casual stroll, try to complete up to 15 minutes of total walking broken down into sections with rests as and when you feel you need them.</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>2 x 5 minute fast pace walks with 5 minutes slow walking or sitting recovery between efforts.</p> <p>Easy walk 5 minutes.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax muscles and detoxify.</p> <p>Still try to get steps in throughout the day.</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>3 x 5 minute fast pace walks with 5 minutes slow walking or sitting recovery between efforts.</p> <p>Easy walk 5 minutes.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 8 Press up – 3 x 5 Step Up – 3 x 4 each leg Back Extension – 3 x 8 Plank – 3 x 10 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite of what we are trying to achieve.</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>3 x 5 minute fast pace walks with 5 minutes slow walking or sitting recovery between efforts.</p> <p>Easy walk 5 minutes.</p>
2	<p>Active recovery 20 minute easy walk</p> <p>Take this very slow and rest as and when needed.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>10 x 1 minute fast paced walk</p> <p>5 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Rest</p> <p>Ensure you complete some foam rolling to help promote recovery and break down muscle knots.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>12 x 1 minute fast paced walk</p> <p>5 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 10 Press up – 3 x 10 Step Up – 3 x 8 each leg Back Extension – 3 x 10 Plank – 3 x 15 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>2 x 8 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 4 minutes between efforts.</p>
3	<p>Active recovery 25 minute easy walk</p> <p>Continue to take this slow and rest when needed, try to walk for longer but keep the pace easy.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>8 x 90 second fast paced walk</p> <p>5 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite in what we are trying to achieve.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>10 x 90 second fast paced walk</p> <p>5 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 12 Press up – 3 x 12 Step Up – 3 x 8 each leg Back Extension – 3 x 12 Plank – 3 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>If possible try to go for a long walk to help promote blood flow before you stretch and foam roll.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>2 x 10 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 4 minutes between efforts.</p>
4	<p>Active recovery 30 minute easy walk</p> <p>Try not to stop during this walk, reduce the pace when needed but it is important at this stage to keep moving. You've got this!</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>8 x 2 minutes fast paced walk</p> <p>5 minutes easy walk</p> <p>Rest 2 minutes between efforts.</p>	<p>Rest</p> <p>Now may be a good time to get a sports or deep tissue massage to help relax sore muscles and promote recovery.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>10 x 2 minutes fast paced walk</p> <p>5 minutes easy walk</p> <p>Rest 1 minute between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 15 Press up – 3 x 15 Step Up – 3 x 8 each leg Back Extension – 3 x 15 Plank – 3 x 25 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 second or more. This will help to relax the muscles and detoxify.</p>	<p>Specific session</p> <p>2.5km walk.</p> <p>Halfway challenge</p> <p>Rest 4 minutes between efforts.</p>

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Training plan weeks 5-8



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<p>Active recovery 35 minute easy walk</p> <p>Keep the pace slow and causal but try to walk for the entire time. Stay in your comfort zone but remember you have built up enough fitness to do this!</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>5 x 5 minutes fast paced walk.</p> <p>Easy walk 5 minutes.</p> <p>Rest 3 minutes between efforts.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax muscles and detoxify.</p> <p>Still try to get steps in throughout the day.</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>12 x 2 minutes fast paced walk</p> <p>Easy walk 5 minutes.</p> <p>Rest 1 minute between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 8 Press up – 4x 8 Step Up – 4 x 8 each leg Back Extension – 4 x 8 Plank – 4 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite of what we are trying to achieve.</p>	<p>Specific session</p> <p>Easy walk 5 minutes</p> <p>3 x 5 minute fast pace walks with 5 minutes slow walking or sitting recovery between efforts.</p> <p>Easy walk 5 minutes.</p>
6	<p>Active recovery 40 minute easy walk</p> <p>Take this one extra easy. Rest as and when you feel you need to.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>5 x 6 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 3 minutes between efforts.</p>	<p>Rest</p> <p>Ensure you complete some foam rolling to help promote recovery and break down muscle knots.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>8 x 5 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 3 minutes between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 10 Press up – 4 x 10 Step Up – 4 x 8 each leg Back Extension – 4 x 10 Plank – 3 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help loosen muscles and flush waste products.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>2 x 8 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 4 minutes between efforts.</p>
7	<p>Active recovery 45 minute easy walk</p> <p>Last week was a big week so take this one steady. Don't push the pace but still work up a sweat.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>20 x 1 minute fast paced walk</p> <p>10 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite in what we are trying to achieve.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>10 x 5 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 1 minute between efforts.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 12 Press up – 4 x 12 Step Up – 4 x 10 each leg Back Extension – 4 x 12 Plank – 4 x 30 seconds Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>If possible try to go for a long walk to help promote blood flow before you stretch and foam roll.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>2 x 10 minutes fast paced walk.</p> <p>5 minutes easy walk.</p> <p>Rest 4 minutes between efforts.</p>
8	<p>Active recovery 30 minute easy walk</p> <p>Take this one extra easy on this deload week. Your legs will need to recover from Sunday's hard session.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>12 x 3 minutes fast paced walk</p> <p>5 minutes easy walk</p> <p>Rest 1 minute between efforts.</p>	<p>Rest</p> <p>Now may be a good time to get a sports or deep tissue massage to help relax sore muscles and promote recovery.</p>	<p>Specific session</p> <p>5 minutes easy walk</p> <p>20 x 1 minute fast paced walk</p> <p>5 minutes easy walk</p> <p>Rest 1 minute between efforts.</p>	<p>Active recovery 20 minutes easy walk</p> <p>Go slow on this one, keep the legs fresh ready for Sunday!</p>	<p>Rest</p> <p>Take this day easy. Try to keep daily steps down. You will make up for this tomorrow!</p>	<p>Showtime!</p> <p>5km walk</p> <p>Rest 4 minutes between efforts.</p>

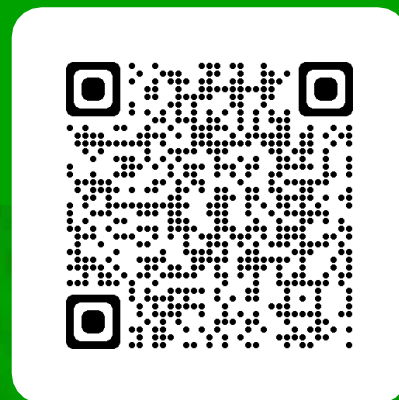
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Expert guidance

Challenges like these are designed to test you. That's why we are on hand to help guide you along the way.

Feeling stressed? Struggling to stick to your new habit? Need to get your steps up during the day?

Scan the QR codes to find out more information that will help you along your journey:



Walking off daily stress



Sticking to new habits



Becoming more active



Top up memberships

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