

## DONEGAL WALKING WEEK 2009

# FitWalk Clinic's

(Hosted by Donegal Sports Partnership)



Recent surveys suggest that 'physical fitness' is a key motivator for walkers. Unfortunately, many walkers gain very little in terms of physical fitness. This is because we need to walk at a higher level of intensity in order to optimise heart/lung benefits and fat-burning benefits. That does not necessarily mean walking faster sometimes it's just a matter of adjusting our walking technique!

Attendance at a FitWalk Clinic will teach you how to squeeze every ounce of fitness from your walks. In particular, the clinic will:

- Identify how to optimise *aerobic fitness* and *fat burning* benefits of a walk
- Show you how to use gadgets such as Heart Rate Monitors to best effect
- Explain how you can improve flexibility as part of a walking session
- Teach you the key techniques of *StrideWalking*, *PowerWalking* & *NordicWalking*.

The FitWalk Clinic is tutored by a qualified tutor - the highest quality of presentation is assured. The clinic is a mix of theory and practical sessions. Participants should be in good health and have a reasonable level of fitness.

The cost per training workshop will be €15 per person. **Places are limited to 16** and issued on a first-come-first-served basis.

Fit Walk Clinics Schedule 2009			
Date	Time	Venue	Contact Name
Mon 25 May	11:00am	Bluestack Centre, Donegal Town	Inga Bock (087 9318077)
	7:00pm	Vocational School, Killybegs	Mary O'Neill (086 8186035)
Tue 26 May	11:00am	Ionad Teampall Chroine, Dungloe	Michelle Bonner (074 9522198)
	7:00pm	Ionad Spóirt Tír na nOg, Gortahork	Kathleen Gallagher (086 4040035)
Wed 27 May	11:00am	Gartan Outdoor Education Centre	Bronagh Duddy (074 9137032)
	7:00pm	Milford GAA Club, Moyle Road, Milford	Deirdre O'Toole (074 9116079 / 087 9300756)
Thurs 28 May	7:00pm	Raphoe Venue TBA	Tony McDaid (074 9145796)

For further details on locations and dates contact:

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