

# Can Too

2022

## YOUR CAN TOO TRAINING GUIDE

28KM, 7 BRIDGES, ONE CAUSE.

Take on the greatest walk of all and raise funds for a cancer free future.



**Cancer Council**  
7 Bridges Walk

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 AUG 2022	2 AUG 2022	3 AUG 2022	4 AUG 2022	5 AUG 2022	6 AUG 2022	7 AUG 2022
REST DAY	15min walk	Pilates, Yoga or gentle strength and core exercises	15min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	15min walk + 15 min GENTLE stretch + 15 min GENTLE leg and foot massage

Massage aids in recovery!

WEEK 2

8 AUG 2022	9 AUG 2022	10 AUG 2022	11 AUG 2022	12 AUG 2022	13 AUG 2022	14 AUG 2022
REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage

WEEK 3

15 AUG 2022	16 AUG 2022	17 AUG 2022	18 AUG 2022	19 AUG 2022	20 AUG 2022	21 AUG 2022
REST DAY	20min walk/ 1km	Pilates, Yoga or gentle strength and core exercises	20min walk/ 1km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	20min walk/ 1km + 15 min stretch + 15 min leg and foot massage

WEEK 4

22 AUG 2022	23 AUG 2022	24 AUG 2022	25 AUG 2022	26 AUG 2022	27 AUG 2022	28 AUG 2022
REST DAY	30min walk	Pilates, Yoga or gentle strength and core exercises	30min walk	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	30min walk + 15 min stretch + 15 min leg and foot massage

**CROSS TRAINING IDEAS:** An aerobic activity such as swimming or cycling that uses different muscles but still improves your cardio fitness.

Find out more about Can Too at [cantoo.org.au](http://cantoo.org.au)

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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 AUG 2022	30 AUG 2022	31 AUG 2022	1 SEPT 2022	2 SEPT 2022	3 SEPT 2022	4 SEPT 2022
REST DAY	40min walk/ about 2.5km	Pilates, Yoga or gentle strength and core exercises	40min walk/ about 2.5km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	40min walk/ about 2.5km + 15 min stretch + 15 min leg and foot massage

WEEK 6

5 SEPT 2022	6 SEPT 2022	7 SEPT 2022	8 SEPT 2022	9 SEPT 2022	10 SEPT 2022	11 SEPT 2022
REST DAY	45min walk/ about 3km	Pilates, Yoga or gentle strength and core exercises	45min walk/ about 3km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	45min walk/ about 3km + 15 min stretch + 15 min leg and foot massage

WEEK 7

12 SEPT 2022	13 SEPT 2022	14 SEPT 2022	15 SEPT 2022	16 SEPT 2022	17 SEPT 2022	18 SEPT 2022
<div>WOO HOO</div> <div>YOU'RE OVER HALF WAY TO REACHING YOUR GOAL!</div>	1hr walk/ about 5km	Pilates, Yoga or gentle strength and core exercises	1hr walk/ about 5km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	1hr walk/ about 5km + 15 min stretch + 15 min leg and foot massage

WEEK 8

19 SEPT 2022	20 SEPT 2022	21 SEPT 2022	22 SEPT 2022	23 SEPT 2022	24 SEPT 2022	25 SEPT 2022
REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	2.5 hour walk/ 10km + 15 min stretch + 15 min leg and foot massage

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WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 SEPT 2022	27 SEPT 2022	28 SEPT 2022	29 SEPT 2022	30 SEPT 2022	1 OCT 2022	2 OCT 2022
REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	3 hour walk/ about 12km + 15 min stretch + 15 min leg and foot massage

WEEK 10

3 OCT 2022	4 OCT 2022	5 OCT 2022	6 OCT 2022	7 OCT 2022	8 OCT 2022	9 OCT 2022
REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	5 hour walk/ about 18km + 15 min stretch + 15 min leg and foot massage

WEEK 11

10 OCT 2022	11 OCT 2022	12 OCT 2022	13 OCT 2022	14 OCT 2022	15 OCT 2022	16 OCT 2022
REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY (or swap with Sunday)	8 hour walk/ about 24km + 15 min stretch + 15 min leg and foot massage

WEEK 12

17 OCT 2022	18 OCT 2022	19 OCT 2022	20 OCT 2022	21 OCT 2022	22 OCT 2022	23 OCT 2022
REST DAY	1hr 10min walk/ about 6km	Pilates, Yoga or gentle strength and core exercises	1hr 10min walk/ about 6km	REST DAY or 20min Cross Training	REST DAY	ENJOY!! 7 BRIDGES WALK 28KM + 15 min stretch + 15 min massage

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