

# Can Too

2023

## 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
31 JUL 2023	1 AUG 2023	2 AUG 2023	3 AUG 2023	4 AUG 2023	5 AUG 2023	6 AUG 2023
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

7 AUG 2023	8 AUG 2023	9 AUG 2023	10 AUG 2023	11 AUG 2023	12 AUG 2023	13 AUG 2023
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

14 AUG 2023	15 AUG 2023	16 AUG 2023	17 AUG 2023	18 AUG 2023	19 AUG 2023	20 AUG 2023
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

21 AUG 2023	22 AUG 2023	23 AUG 2023	24 AUG 2023	25 AUG 2023	26 AUG 2023	27 AUG 2023
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
28 AUG 2023	29 AUG 2023	30 AUG 2023	31 AUG 2023	1 SEPT 2023	2 SEPT 2023	3 SEPT 2023
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

4 SEPT 2023	5 SEPT 2023	6 SEPT 2023	7 SEPT 2023	8 SEPT 2023	9 SEPT 2023	10 SEPT 2023
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

11 SEPT 2023	12 SEPT 2023	13 SEPT 2023	14 SEPT 2023	15 SEPT 2023	16 SEPT 2023	17 SEPT 2023
<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

18 SEPT 2023	19 SEPT 2023	20 SEPT 2023	21 SEPT 2023	22 SEPT 2023	23 SEPT 2023	24 SEPT 2023
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
25 SEPT 2023	26 SEPT 2023	27 SEPT 2023	28 SEPT 2023	29 SEPT 2023	30 SEPT 2023	1 OCT 2023
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

2 OCT 2023	3 OCT 2023	4 OCT 2023	5 OCT 2023	6 OCT 2023	7 OCT 2023	8 OCT 2023
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

9 OCT 2023	10 OCT 2023	11 OCT 2023	12 OCT 2023	13 OCT 2023	14 OCT 2023	15 OCT 2023
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

16 OCT 2023	17 OCT 2023	18 OCT 2023	19 OCT 2023	20 OCT 2023	21 OCT 2023	22 OCT 2023
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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