

Can Too

2021

YOUR CAN TOO TRAINING GUIDE

CONQUER 28KM IN YOUR OWN PLACE AND AT YOUR OWN PACE FOR A CANCER FREE FUTURE



Cancer Council
7 Bridges Challenge

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 AUG 2021	3 AUG 2021	4 AUG 2021	5 AUG 2021	6 AUG 2021	7 AUG 2021	8 AUG 2021
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

9 AUG 2021	10 AUG 2021	11 AUG 2021	12 AUG 2021	13 AUG 2021	14 AUG 2021	15 AUG 2021
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

16 AUG 2021	17 AUG 2021	18 AUG 2021	19 AUG 2021	20 AUG 2021	21 AUG 2021	22 AUG 2021
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

23 AUG 2021	24 AUG 2021	25 AUG 2021	26 AUG 2021	27 AUG 2021	28 AUG 2021	29 AUG 2021
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

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WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 AUG 2021	31 AUG 2021	1 SEPT 2021	2 SEPT 2021	3 SEPT 2021	4 SEPT 2021	5 SEPT 2021
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

6 SEPT 2021	7 SEPT 2021	8 SEPT 2021	9 SEPT 2021	10 SEPT 2021	11 SEPT 2021	12 SEPT 2021
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

13 SEPT 2021	14 SEPT 2021	15 SEPT 2021	16 SEPT 2021	17 SEPT 2021	18 SEPT 2021	19 SEPT 2021
<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

20 SEPT 2021	21 SEPT 2021	22 SEPT 2021	23 SEPT 2021	24 SEPT 2021	25 SEPT 2021	26 SEPT 2021
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
27 SEPT 2021	28 SEPT 2021	29 SEPT 2021	30 SEPT 2021	1 OCT 2021	2 OCT 2021	3 OCT 2021
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

4 OCT 2021	5 OCT 2021	6 OCT 2021	7 OCT 2021	8 OCT 2021	9 OCT 2021	10 OCT 2021
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

11 OCT 2021	12 OCT 2021	13 OCT 2021	14 OCT 2021	15 OCT 2021	16 OCT 2021	17 OCT 2021
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

18 OCT 2021	19 OCT 2021	20 OCT 2021	21 OCT 2021	22 OCT 2021	23 OCT 2021	24 OCT 2021
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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