



### Walking Leader Training Information 2013

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in the community or workplace. The course comprises of a *weekend of training* and then a *follow up 4 week walking programme* to try out your new walking leaders skills.

Irish Heart Foundation and the Irish Sports Council are subsidising the Walking Leader Training weekend and there is a nominal cost of €50 for the 2 and a half day course.

The course fee will cover your tutor costs, materials and pedometer. It will also include 2 lunches and tea/coffee breaks through out the weekend. The course will commence at 7.00pm on Friday and finish on Sunday afternoon after lunch.

**Walking Leader Task (Course Follow up):** Once participants complete the Walking Leader Course they will be set a challenge of leading/co-leading a 4 week walking programme within their community to put their training to work. Participants will be given a log book to keep note of their organised walks. On return of this log book to the Irish Heart Foundation, participants will receive their certificate of completion of the Walking Leader Training course as well as a hi-vis Walking Leader Vest. Local Sports Partnership officers will be available to offer support and advice to the participants of each training course throughout their Walking Leader Task and meet with the group on completion of their challenge.

**Please Note:** Before committing to the training, it is important to remember that the aim of each course is to have a panel of trained leaders ready to implement their skills in their own communities. We will therefore expect all participants to organise walks on a regular basis after the course has ended.

### Course Content

- Current recommendations for health enhancing physical activity for adults, and how they relate to walking
- The main elements of a health-enhancing walking session
- Prescribing walking programmes suitable for people of different fitness levels
- Advice on issues such as posture, technique, stretching, intensity, clothing, etc.
- Safety issues
- Planning walking sessions and programmes
- Developing a Slí na Sláinte route
- How to start your own Slí walking group
- Practical Walking Sessions
- 4 week Walking Challenge Programme

### Timetable

<b>Friday evening</b>	<b>7pm</b>	<b>Registration Tea/Coffee</b>
	7.00 – 9.00pm	Course introduction
<b>Saturday</b>	9am	Morning Session
	11am	Coffee (20 mins)
	11.20am	Resume Session
	1pm	Lunch
	2pm	Afternoon Session
	3.30pm	Coffee (20 mins)
	5pm	Close
<b>Sunday morning</b>	9 am	Morning Session
	10m	Coffee (20 mins)
	10.20am	Resume Session
	1pm	Lunch
	2pm	Close

If you have any further questions about the course please don't hesitate to contact us by emailing [tcurran@irishheart.ie](mailto:tcurran@irishheart.ie) or calling Tara Curran at 01-6685001.