

SCI Fall Prevention Program – Bonus Walking Program

Baseline Testing:

15-30 minute walk (Depending on endurance level)

EFFORT LEVEL: 80-90% (This should feel like a quick, but safe, gait speed.

- A. Remind yourself throughout to maintain excellent posture
- B. If you think you will make it to 30 minutes, push your pace for the last 10.
- C. Record time
- D. Measure distance if possible (Even if it is anecdotal “To the big tree downtown and back”)

Goals:

For those unable to complete a full 30 minute steady state walk

Primary: 30 minutes of steady state walking at approximately the same pace as your baseline test

After (and only after) you are able to complete 30 minutes of walking at a steady state 2 x's in the same week, proceed to the goal for those who can do so.

For those able to complete a full 30 minute steady state walk

Primary: Improve the distance you can travel within the 30 minutes, as compared to your baseline test.

Secondary: Increase the amount of time you can travel at the pace from your baseline test.

Weeks 1-6:

Non-Workout Day 1

15-35 minute walk (Depending on endurance level)

EFFORT LEVEL: 70-85% (This should feel like a good stretch of the legs, but the pace should not bring your heart rate up to the point that you notice it. Some refer to this as a conversational pace.)

- A. Remind yourself throughout to maintain excellent posture
- B. Record time
- C. Try to avoid thinking about distance, just enjoy the walk!

Non-Workout Day 2

15-45 minute walk (Depending on endurance level)

EFFORT LEVEL: 60-75% (This should feel like a casual stroll the first few times you do it. Once comfortable with the time and distance, you may choose to increase the pace to a conversational one.)

- A. Remind yourself throughout to maintain excellent posture
- B. Walk at a pace below your fastest effort
- C. Try to avoid thinking about distance, just enjoy the walk!

Congratulations! Upon completing your first 6 Week cycle, perform testing again and note improvement.

Weeks 7 – 12, perform the same two weekly walks, attempting to continue to improve.