**Power Walking Study Guide**

* Resting Heart Rate – The number of times your heart beats per minute while at rest. The best time to take this would be when you wake up in the morning. It should not be taken with your thumb. The best place to find your pulse would be in the notch of your neck or on the thumb side of your wrist. An average RHR would be around 72 beats per minute.
* Target Heart Rate – This is the number of times that you would like to get your heart to beat in one minute in order to gain maximum benefit from the exercise you are performing. In our walking classes, we would like to see all students get their heart rate up to 120 beats per minute or higher.
* Distance conversions – Most road races are displayed in kilometers……the following are common distances converted to miles:

5K = 3.1 miles

8K = 4.9 miles

10K = 6.2 Miles

* Marathon – The distance in a marathon is 26.2 miles while the half marathon is 13.1. Most people run these events but many choose to walk them as well.
* Outdoor track- In order to run/walk a mile on the track here at Lake Shore, you would need to go around for 4 laps.
* Pace – Each individual has their own pace that they walk at in an effort to gain cardiovascular benefit. It is important to know what your own individual pace is and be able to stay at that pace in order to benefit from that exercise.
* Long term benefits of walking- Studies indicate that walking 30 minutes per day can help reduce high blood pressure and high cholesterol, both of which lead to heart disease. Additionally, it will help cut the risk of stroke in half and reduce the risk of osteoporosis.

- Interesting facts:

Race walking is an official Olympic sport.

It takes one hour and 43 minutes of walking to burn off the calories in a Big Mac.

The longest walk ever recorded is 46,600 miles and it took place over 11 years in 64 countries.