



Community Walking Leader Training General Information

Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. The course comprises of a *weekend of training* followed by a *4 walk task* to try out your new Walking Leader skills.

The training weekend

All courses take place over a Saturday 9am-5pm and Sunday 9am-1pm. Lunch is provided on both days. The course fee is €50.

Course content:

- Physical activity guidelines 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 and risk assessment
- Planning walking sessions and programmes
- How to start your own walking group
- Practical walking sessions

Gear

The training weekend involves outdoor practical sessions on both Saturday and Sunday, please dress appropriately for the weather and wear comfortable walking shoes. A spare change of clothes/shoes is recommended.

4 walk task

Once you complete the training you will be set the challenge of leading 4 walks within your community to practice your new skills. You will be provided with a logbook to record your progress for the challenge. Once we receive your completed logbook you will be certified as an *Irish Heart Foundation Walking Leader*.

All courses are subject to demand

For more information please contact Nicola, nmurphy@irishheart.ie or call 01 -668 5001