

Week 1 Walker

Notes

- First work on increasing the time spent walking and improving your walking form. Speed comes later. Walk at an easy pace, aiming for a total of 60 to 70 minutes for the first week.
- The within-week walks will provide the minimum recommended moderate aerobic exercise time each week just to maintain health. You may wish to also do light strength workouts on alternate days.
- One day a week is a longer mileage-building day which will help you develop endurance and toughen your feet to prevent blisters.

Monday:	Walk for 15mins
Tuesday:	Rest
Wednesday:	Walk for 15mins
Thursday:	Rest
Friday:	Walk for 15mins
Saturday:	Rest
Sunday:	Walk for 20mins

Week 2 Walker

Notes

- Increase walking workout time to 20 minutes on four days per week
- The fifth walking day is a mileage-building day with a walk of 25 minutes.
- Focus on good walking posture and the correct use of foot strike, stride, push off and arm motion will boost your walking speed and fitness benefits.

Monday:	Walk for 20mins
Tuesday:	Rest
Wednesday:	Walk for 20mins
Thursday:	Rest
Friday:	Walk for 20mins
Saturday:	Rest
Sunday:	Walk for 25mins

Week 3 Walker

Notes

- Alternate rest days within the week, don't skip more than one day so you can develop consistency.
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 35 minutes.

Monday:	Walk for 25mins
Tuesday:	Rest
Wednesday:	Walk for 25mins
Thursday:	Rest
Friday:	Walk for 25mins
Saturday:	Rest
Sunday:	Walk for 35mins

Week 4 Walker

Notes

- Alternate rest days within the week, don't skip more than one day so you can develop consistency.
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 35 minutes.

Monday:	Walk for 30mins
Tuesday:	Rest
Wednesday:	Walk for 30mins
Thursday:	Rest
Friday:	Walk for 30mins
Saturday:	Rest
Sunday:	Walk for 35mins

Week 5 Walker

Notes

- Alternate rest days within the week, don't skip more than one day so you can develop consistency.
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 45 minutes.

Monday:	Walk for 30mins
Tuesday:	Rest
Wednesday:	Walk for 30mins
Thursday:	Rest
Friday:	Walk for 30mins
Saturday:	Rest
Sunday:	Walk for 45mins

Week 6 Walker

Notes

- Alternate rest days within the week, don't skip more than one day so you can develop consistency.
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 60 minutes.

Monday:	Walk for 30mins
Tuesday:	Rest
Wednesday:	Walk for 30mins
Thursday:	Rest
Friday:	Walk for 30mins
Saturday:	Rest
Sunday:	Walk for 60mins

Week 7 Walker

Notes

- Starting this week we are adding a fourth walking day in order to increase the weekly mileage .
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 70 minutes.

Monday:	Walk for 35mins (moderate to brisk)
Tuesday:	Rest
Wednesday:	Walk for 35mins (moderate to brisk)
Thursday:	Walk for 35mins (easy)
Friday:	Walk for 35mins (moderate to brisk)
Saturday:	Rest
Sunday:	Walk for 70mins

Week 8 Walker

Notes

- This week we are adding a fifth walking day in order to increase the weekly mileage .
- Walk at a brisk pace to increase your heart rate. Your breathing will be faster than usual you should still be able to talk but it would be difficult to sing.
- The fifth walking day is a mileage-building day with a walk of 80 minutes.

Monday:	Walk for 35mins (brisk)
Tuesday:	Rest
Wednesday:	Walk for 35mins (brisk)
Thursday:	Walk for 35mins (brisk)
Friday:	Walk for 35mins (brisk)
Saturday:	Rest
Sunday:	Walk for 80mins (moderate)