

## Sample Walking Program

|  | Warm Up              | Activity                  | Cool Down               | Total Time |
|--|----------------------|---------------------------|-------------------------|------------|
| <b>WEEK 1</b>  |                      |                           |                         |            |
| Session A  | Walk slowly 5 min.   | Then walk briskly 5 min.  | Then walk slowly 5 min. | 15 min.    |
| Session B  | Repeat above pattern |                           |                         |            |
| Session C  | Repeat above pattern |                           |                         |            |
| Continue with at least three walking sessions during each week of the program. |                      |                           |                         |            |
| <b>WEEK 2</b>  | Walk slowly 5 min.   | Then walk briskly 7 min.  | Then walk slowly 5 min. | 17 min.    |
| <b>WEEK 3</b>  | Walk slowly 5 min.   | Then walk briskly 9 min.  | Then walk slowly 5 min. | 19 min.    |
| <b>WEEK 4</b>  | Walk slowly 5 min.   | Then walk briskly 11 min. | Then walk slowly 5 min. | 21 min.    |
| <b>WEEK 5</b>  | Walk slowly 5 min.   | Then walk briskly 13 min. | Then walk slowly 5 min. | 23 min.    |
| <b>WEEK 6</b>  | Walk slowly 5 min.   | Then walk briskly 15 min. | Then walk slowly 5 min. | 25 min.    |
| <b>WEEK 7</b>  | Walk slowly 5 min.   | Then walk briskly 18 min. | Then walk slowly 5 min. | 28 min.    |
| <b>WEEK 8</b>  | Walk slowly 5 min.   | Then walk briskly 20 min. | Then walk slowly 5 min. | 30 min.    |
| <b>WEEK 9</b>  | Walk slowly 5 min.   | Then walk briskly 23 min. | Then walk slowly 5 min. | 33 min.    |
| <b>WEEK 10</b>   | Walk slowly 5 min.   | Then walk briskly 26 min. | Then walk slowly 5 min. | 36 min.    |
| <b>WEEK 11</b>   | Walk slowly 5 min.   | Then walk briskly 28 min. | Then walk slowly 5 min. | 38 min.    |
| <b>WEEK 12 AND BEYOND</b>  | Walk slowly 5 min.   | Then walk briskly 30 min. | Then walk slowly 5 min. | 40 min.    |