

Sample Walking Program

Not sure how often to walk or for how long? No problem. Use this walking program as your guide and then adapt it to your needs. Remember to also do strengthening activities each week and to warm up and cool down by walking slowly for 5 minutes before and after walking briskly.

		Pace	Time Each Day	Number of Days	Total Time For the Week
Month 1	Week 1	Slow	10 minutes	4 days	40 min
	Week 2	Slow	10 minutes	4 days	40 min
	Week 3	Slow	15 minutes	5 days	1 hr 15 min
	Week 4	Slow - Brisk	20 minutes	5 days	1 hr 40 min
Month 2	Week 5	Brisk	30 minutes	5 days	2 hrs 30 min
	Week 6	Brisk	25 minutes	6 days	2 hrs 30 min
	Week 7	Brisk	30 minutes	5 days	2 hrs 30 min
	Week 8	Brisk	35 minutes	5 days	2 hrs 55 min

It is good to start slow and for at least 10 minutes at a time. Pick up your pace after a few weeks.

Work up to walking for at least 2 hours and 30 minutes each week.

Need some help getting started? Try these tips:

- Walk with a friend. You can motivate each other to do it each week.
- Walk when you have a break in your day. This might be during lunch, after dropping the kids off at school, or at the end of your work day.
- Track your time and progress to help stay on course.



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