

Sample Walking Program

	Warm Up	Activity	Cool Down	Total Time
WEEK 1				
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.				
WEEK 2	Walk slowly 5 min.	Then walk briskly 7 min.	Then walk slowly 5 min.	17 min.
WEEK 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.
WEEK 4	Walk slowly 5 min.	Then walk briskly 11 min.	Then walk slowly 5 min.	21 min.
WEEK 5	Walk slowly 5 min.	Then walk briskly 13 min.	Then walk slowly 5 min.	23 min.
WEEK 6	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.
WEEK 7	Walk slowly 5 min.	Then walk briskly 18 min.	Then walk slowly 5 min.	28 min.
WEEK 8	Walk slowly 5 min.	Then walk briskly 20 min.	Then walk slowly 5 min.	30 min.
WEEK 9	Walk slowly 5 min.	Then walk briskly 23 min.	Then walk slowly 5 min.	33 min.
WEEK 10	Walk slowly 5 min.	Then walk briskly 26 min.	Then walk slowly 5 min.	36 min.
WEEK 11	Walk slowly 5 min.	Then walk briskly 28 min.	Then walk slowly 5 min.	38 min.
WEEK 12 AND BEYOND	Walk slowly 5 min.	Then walk briskly 30 min.	Then walk slowly 5 min.	40 min.



Tips to Stay Motivated with a Walking Plan

- Ask other people to walk with you. Find a partner or a group. When you know someone else is waiting for you, it keeps you going
- Wear comfortable shoes and good socks to help cushion your feet
- Wear clothes that are right for the season. Try using layers of clothing in the cold weather to keep you warm, and cotton clothes in the summer to keep you cool
- Drink plenty of water. It doesn't have to be that fancy bottled stuff — get your own container and keep it filled with plenty of regular water. Carry it with you if you can
- Don't forget to stretch before you walk. Try to start off slowly
- Be safe — pay attention to your surroundings
- Walk in a safe place that has plenty of lights in the evening. Try walking around a local school's parking lot, or going to the mall
- Try to walk at least three times a week. It may seem like a lot at first, but you will gradually build up
- Try to think of your walk in three parts. Imagine a warm-up period at the beginning, challenge yourself with a brisk pace in the middle, and finally picture a cool-down.