

Introduction to walking

Weeks 1 to 5 - Walk at a slow steady pace for the time stated. Stop and start as often as you need to, but try to complete the full walking time. For example if you cannot walk for 3 minutes continuously, walk for 1 minute, rest for 1 minute, walk for 1 minute, rest for 1 minute, walk for 1 minute.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Walk 1 3 minutes slow pace	Rest	Walk 2 3 minutes slow pace	Rest	Walk 3 3 minutes slow pace	Rest
2	Walk 1 4 minutes slow pace	Rest	Walk 2 3 minutes slow pace	Rest	Walk 3 4 minutes slow pace	Rest	Walk 4 3 minutes slow pace
3	Walk 1 5 minutes slow pace	Rest	Walk 2 5 minutes slow pace	Rest	Walk 3 5 minutes slow pace	Rest	Walk 4 5 minutes slow pace
4	Walk 1 5 minutes slow pace	Rest	Walk 2 7 minutes slow pace	Rest	Walk 3 6 minutes slow pace	Rest	Walk 4 8 minutes slow pace
5	Rest	Walk 1 8 minutes slow pace	Walk 2 6 minutes slow pace	Rest	Walk 3 10 minutes slow pace	Rest	Walk 4 8 minutes slow pace

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From week 6 onwards, include a **5 minute slow paced warm up** and a **5 minute slow paced cool down** before and after your scheduled walk. For example, If you are on Week 6 (Monday), you would complete a 5 minute warm up, walking at a slow pace, then complete the scheduled 5 minutes at a comfortable pace, followed by a 5 minute cool down walking at a slow pace again.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Walk 1 5 minutes comfortable pace	Rest	Walk 2 5 minutes comfortable pace	Rest	Walk 3 5 minutes comfortable pace	Rest	Walk 4 5 minutes comfortable pace
7	Rest	Walk 1 5 minutes comfortable pace	Rest	Walk 2 10 minutes comfortable pace	Rest	Walk 3 5 minutes comfortable pace	Rest
8	Walk 1 10 minutes comfortable pace	Rest	Walk 2 5 minutes comfortable pace	Rest	Walk 3 10 minutes comfortable pace	Rest	Walk 4 5 minutes comfortable pace
9	Rest	Walk 1 10 minutes comfortable pace	Rest	Walk 2 10 minutes comfortable pace	Rest	Walk 3 10 minutes comfortable pace	Rest
10	Walk 1 10 minutes comfortable pace	Rest	Walk 2 10 minutes comfortable pace	Rest	Walk 3 10 minutes comfortable pace	Rest	Walk 4 10 minutes comfortable pace