

# Sample Walking Program



	<b>Warm Up</b>	<b>Activity</b>	<b>Cool Down</b>	<b>Total Time</b>
<b>WEEK 1</b>				
Session A	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.
<b>Session B</b>	Repeat above pattern			
<b>Session C</b>	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.

