

12 Week Walking Program

Week	Warm Up	Brisk Walking	Cool Down
1	5 min	5 min	5 min
2	5 min	8 min	5 min
3	5 min	10 min	5 min
4	5 min	12 min	5 min
5	5 min	15 min	5 min
6	5 min	18 min	5 min
7	5 min	20 min	5 min
8	5 min	22 min	5 min
9	5 min	25 min	5 min
10	5 min	28 min	5 min
11	5 min	30 min	5 min
12	5 min	35 min	5 min

Try to walk (or receive some sort of aerobic exercise) at least 5 days a week. Even strength training can be aerobic. For this program, warm up each time for 5 minutes at a slower pace, pick up the pace to a brisk walk, and then end with a cool down at a slower pace to bring the heart rate down. Add more time as you can, but at least try to hit these goals provided. As you become fit, you will want to incorporate strength training into your routine if you haven't already at least 2 days a week. This doesn't even have to involve big weight, but even pushups, squats, and lunges, etc., apply!