

A SAMPLE WALKING PROGRAM

Warm Up	Activity	Cool Down	Total Time
Week 1 Session A Walk slowly 5 min. Walk briskly 5 min. Walk slowly 5 min. 15 min. Session B—Repeat above pattern. Session C—Repeat above pattern. <i>Continue with at least three exercise sessions during each week of the program.</i>			
Week 2 Walk slowly 5 min. Walk briskly 7 min. Walk slowly 5 min. 17 min.			
Week 3 Walk slowly 5 min. Walk briskly 9 min. Walk slowly 5 min. 19 min.			
Week 4 Walk slowly 5 min. Walk briskly 11 min. Walk slowly 5 min. 21 min.			
Week 5 Walk slowly 5 min. Walk briskly 13 min. Walk slowly 5 min. 23 min.			
Week 6 Walk slowly 5 min. Walk briskly 15 min. Walk slowly 5 min. 25 min.			
Week 7 Walk slowly 5 min. Walk briskly 18 min. Walk slowly 5 min. 28 min.			
Week 8 Walk slowly 5 min. Walk briskly 20 min. Walk slowly 5 min. 30 min.			
Week 9 Walk slowly 5 min. Walk briskly 23 min. Walk slowly 5 min. 33 min.			
Week 10 Walk slowly 5 min. Walk briskly 26 min. Walk slowly 5 min. 36 min.			
Week 11 Walk slowly 5 min. Walk briskly 28 min. Walk slowly 5 min. 38 min.			
Week 12 on: Walk slowly 5 min. Walk briskly 30 min. Walk slowly 5 min. 40 min.			