



Sample Walking Program

It only takes 15 minutes to get started!

	Warm up	Walk	Cool down	TOTAL TIME
Week 1	walk slowly 5 minutes	walk briskly 5 minutes	walk slowly 5 minutes	15 minutes
Week 2	walk slowly 5 minutes	walk briskly 7 minutes	walk slowly 5 minutes	17 minutes
Week 3	walk slowly 5 minutes	walk briskly 9 minutes	walk slowly 5 minutes	19 minutes
Week 4	walk slowly 5 minutes	walk briskly 11 minutes	walk slowly 5 minutes	21 minutes
Week 5	walk slowly 5 minutes	walk briskly 13 minutes	walk slowly 5 minutes	23 minutes
Week 6	walk slowly 5 minutes	walk briskly 15 minutes	walk slowly 5 minutes	25 minutes
Week 7	walk slowly 5 minutes	walk briskly 18 minutes	walk slowly 5 minutes	28 minutes

You can use this schedule for any activity such as biking, swimming or jogging. Remember to start and end at an easy pace. And enjoy!



Start at 15 minutes and walk every day of the week!