

# A Sample Walking Program

During each week of the program, try to walk briskly at least 5 days per week. Always start with a 5-minute, slower-paced walk to warm up, and end with a 5-minute, slower-paced walk to cool down. (Warm-up and cool-down sessions totaling 10 minutes are included in the “total time” column.) As you walk, check your pulse periodically to see whether you’re moving within your target heart rate zone.

| Week           | Warm up     | Target zone               | Cool down   | Total time |
|----------------|-------------|---------------------------|-------------|------------|
| <b>Week 1</b>  | Walk 5 min. | Walk briskly 5 min.       | Walk 5 min. | 15 min.    |
| <b>Week 2</b>  | Walk 5 min. | Walk briskly 7 min.       | Walk 5 min. | 17 min.    |
| <b>Week 3</b>  | Walk 5 min. | Walk briskly 9 min.       | Walk 5 min. | 19 min.    |
| <b>Week 4</b>  | Walk 5 min. | Walk briskly 11 min.      | Walk 5 min. | 21 min.    |
| <b>Week 5</b>  | Walk 5 min. | Walk briskly 13 min.      | Walk 5 min. | 23 min.    |
| <b>Week 6</b>  | Walk 5 min. | Walk briskly 15 min.      | Walk 5 min. | 25 min.    |
| <b>Week 7</b>  | Walk 5 min. | Walk briskly 18 min.      | Walk 5 min. | 28 min.    |
| <b>Week 8</b>  | Walk 5 min. | Walk briskly 20 min.      | Walk 5 min. | 30 min.    |
| <b>Week 9</b>  | Walk 5 min. | Walk briskly 23 min.      | Walk 5 min. | 33 min.    |
| <b>Week 10</b> | Walk 5 min. | Walk briskly 26 min.      | Walk 5 min. | 36 min.    |
| <b>Week 11</b> | Walk 5 min. | Walk briskly 28 min.      | Walk 5 min. | 38 min.    |
| <b>Week 12</b> | Walk 5 min. | Walk briskly 30 min.      | Walk 5 min. | 40 min.    |
| <b>Week 13</b> | Walk 5 min. | Continue.<br>(See below.) | Walk 5 min. |            |

As you become more fit, try to walk within the upper range of your target zone. Gradually increase your brisk walking time from 30 to 60 minutes, most days of the week. Enjoy the outdoors!