

Sample Jogging Program

| | Warm Up | Activity | Cool Down | Total Time |
|--|---|--|--|------------|
| WEEK 1 | | | | |
| Session A | Walk slowly 5 min, then stretch and limber up | Then walk briskly 10 min. Try not to stop | Then walk slowly 3 min and stretch 2 min | 20 min. |
| Session B | Repeat above pattern | | | |
| Session C | Repeat above pattern | | | |
| Continue with at least three walking sessions during each week of the program. | | | | |
| WEEK 2 | Walk slowly 5 min, then stretch and limber up | Walk 5 min, jog 1 min Walk 5 min, jog 1 min | Walk 3 min, stretch 2 min | 22 min |
| WEEK 3 | Walk slowly 5 min, the stretch and limber up | Walk 5 min, jog 3 min Walk 5 min, jog 3 min | Walk 3 min, stretch 2 min | 26 min |
| WEEK 4 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 5 min Walk 4 min, jog 5 min | Walk 3 min, stretch 2min | 28 min |
| WEEK 5 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 5 min Walk 4 min, jog 5 min | Walk 3 min, stretch 2min | 28 min |
| WEEK 6 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 6 min Walk 4 min, jog 6 min | Walk 3 min, stretch 2min | 30 min |
| WEEK 7 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 7 min Walk 4 min, jog 7 min | Walk 3 min, stretch 2min | 32 min |
| WEEK 8 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 8 min Walk 4 min, jog 8 min | Walk 3 min, stretch 2min | 34 min |
| WEEK 9 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 9 min Walk 4 min, jog 9 min | Walk 3 min, stretch 2min | 36 min |
| WEEK 10 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 13 min | Walk 3 min, stretch 2min | 27 min |
| WEEK 11 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 15 min | Walk 3 min, stretch 2min | 29 min |
| WEEK 12 | Walk slowly 5 min, the stretch and limber up | Walk 4 min, jog 17 min | Walk 3 min, stretch 2min | 31 min |

| | | | | |
|--|--|--|--------------------------|--------|
| Week 13 | Walk slowly 5 min, the stretch and limber up | Walk 2 min, jog slowly 2 min, jog 17 min | Walk 3 min, stretch 2min | 31 min |
| Week 14 | Walk slowly 5 min, the stretch and limber up | Walk 1 min, jog slowly 3 min, jog 17 min | Walk 3 min, stretch 2min | 31 min |
| Week 15 | Walk slowly 5 min, the stretch and limber up | Jog slowly 3 min, jog 17 min | Walk 3 min, stretch 2min | 31 min |
| Week 16 on: Gradually increase your jogging time from 20 to 30 minutes (or more, up to 60 minutes), three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity. | | | | |

* Source: National Heart, Lung and Blood Institute