

Sample Walking Program

	Warm Up	Activity	Cool Down	Total Time
WEEK 1				
Session A	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 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 walk briskly 7 min.	Then walk slowly 5 min.	17 min.
WEEK 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.
WEEK 4	Walk slowly 5 min.	Then walk briskly 11 min.	Then walk slowly 5 min.	21 min.
WEEK 5	Walk slowly 5 min.	Then walk briskly 13 min.	Then walk slowly 5 min.	23 min.
WEEK 6	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.
WEEK 7	Walk slowly 5 min.	Then walk briskly 18 min.	Then walk slowly 5 min.	28 min.
WEEK 8	Walk slowly 5 min.	Then walk briskly 20 min.	Then walk slowly 5 min.	30 min.
WEEK 9	Walk slowly 5 min.	Then walk briskly 23 min.	Then walk slowly 5 min.	33 min.
WEEK 10	Walk slowly 5 min.	Then walk briskly 26 min.	Then walk slowly 5 min.	36 min.
WEEK 11	Walk slowly 5 min.	Then walk briskly 28 min.	Then walk slowly 5 min.	38 min.
WEEK 12 AND BEYOND	Walk slowly 5 min.	Then walk briskly 30 min.	Then walk slowly 5 min.	40 min.

* Source: National Heart, Lung and Blood Institute