

Advanced walking plan

Please ensure that you complete a **10 minute warm up** and **10 minute cool down** before and after your scheduled walk. For example, if you are on Week 1 (Monday), you would complete a 10 minute warm up, walking at a slower pace, then complete the scheduled 40 minutes at a comfortable pace, followed by a 10 minute cool down walking at a slower pace again.

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|---|-----------------------------------|--|--|
| 1 | Walk 40 minutes comfortable pace | Walk 35 minutes medium pace | Walk 45 minutes comfortable pace | Rest | Rest | Walk 45 minutes comfortable pace | Walk 35-40 minutes medium pace |
| 2 | Rest | Walk 45 minutes comfortable pace | Walk 40 minutes medium pace | Walk 45 minutes comfortable pace | Rest | Walk 40 minutes medium pace | Walk 45 minutes comfortable pace |
| 3 | Walk 45 minutes medium pace | Rest | Walk 45 minutes comfortable pace | Walk 45-50 minutes comfortable pace | Walk 30 minutes brisk pace | Rest | Walk 50 minutes comfortable pace |
| 4 | Walk 50 minutes comfortable pace | Walk 45 minutes medium pace | Rest | Walk 30 minutes brisk pace | Walk 45 minutes medium pace | Walk 50 minutes comfortable pace | Rest |
| 5 | Rest | Walk 55 minutes comfortable pace | Walk 45 minutes medium pace | Walk 55 minutes comfortable pace | Walk 30 minutes brisk pace | Walk 45 minutes medium pace | Walk 55 minutes comfortable pace |

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| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|----------------------------------|-----------------------------------|-----------------------------------|--|--|---|
| 6 | Walk 60 minutes comfortable pace | Rest | Walk 50 minutes medium pace | Walk 30 minutes brisk pace | Walk 50 minutes medium pace | Walk 60 minutes comfortable pace | Walk 50 minutes medium pace |
| 7 | Walk 60 minutes comfortable pace | Walk 30 minutes brisk pace | Rest | Walk 50 minutes medium pace | Walk 60 minutes comfortable pace | Rest | Walk 60-70 minutes comfortable pace |
| 8 | Walk 70 minutes comfortable pace | Walk 30 minutes brisk pace | Rest | Walk 55 minutes medium pace | Walk 75 minutes comfortable pace | Rest | Walk 75 minutes comfortable pace |
| 9 | Walk 75 minutes comfortable pace | Walk 35 minutes brisk pace | Walk 55 minutes medium pace | Rest | Walk 75 minutes comfortable pace | Walk 55 minutes medium pace | Rest |
| 10 | Walk 75 minutes comfortable pace | Walk 40 minutes brisk pace | Rest | Walk 60 minutes medium pace | Walk 75 minutes comfortable pace | Walk 60 minutes medium pace | Walk 40 minutes brisk pace |