

Beginners 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 (Tuesday), you would complete a 10 minute warm up, walking at a slower pace, then complete the scheduled 10 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	Rest	Walk 1 10 minutes comfortable pace	Rest	Walk 2 10 minutes comfortable pace	Rest	Walk 3 10 minutes comfortable pace	Rest
2	Walk 1 10-15 minutes comfortable pace	Rest	Walk 2 10-15 minutes comfortable pace	Rest	Walk 3 10-15 minutes comfortable pace	Rest	Walk 4 10-15 minutes comfortable pace
3	Walk 1 15 minutes comfortable pace	Rest	Walk 2 15 minutes comfortable pace	Rest	Walk 3 15 minutes comfortable pace	Walk 4 15-20 minutes comfortable pace	Rest
4	Walk 1 10 minutes medium pace	Rest	Walk 2 20 minutes comfortable pace	Rest	Walk 3 10 minutes medium pace	Rest	Walk 4 20 minutes comfortable pace
5	Rest	Walk 1 25 minutes comfortable pace	Walk 2 10 minutes medium pace	Rest	Walk 3 25 minutes comfortable pace	Rest	Walk 4 10 minutes medium pace

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Walk 1 25 minutes comfortable pace	Rest	Walk 2 15 minutes medium pace	Walk 3 25 minutes comfortable pace	Rest	Walk 4 15 minutes medium pace	Walk 5 30 minutes comfortable pace
7	Walk 1 15 minutes medium pace	Walk 2 30 minutes comfortable pace	Rest	Walk 3 20 minutes medium pace	Rest	Walk 4 30 minutes comfortable pace	Walk 5 20 minutes medium pace
8	Walk 1 35 minutes comfortable pace	Rest	Walk 2 35 minutes comfortable pace	Walk 3 20 minutes medium pace	Rest	Walk 4 20 minutes medium pace	Walk 5 35 minutes comfortable pace
9	Rest	Walk 1 35 minutes comfortable pace	Walk 2 15 minutes medium pace	Walk 3 35 minutes comfortable pace	Walk 4 20 minutes medium pace	Walk 5 35 minutes comfortable pace	Walk 6 10 minutes brisk pace
10	Walk 1 35 minutes comfortable pace	Walk 2 20 minutes medium pace	Walk 3 40 minutes comfortable pace	Walk 4 10 minutes brisk pace	Walk 5 40 minutes comfortable pace	Rest	Walk 6 10-15 minutes brisk pace