

# Intermediate 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 25 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
<b>1</b>	Rest	<b>Walk 1</b> 25 minutes comfortable pace	<b>Walk 2</b> 15 minutes medium pace	Rest	<b>Walk 3</b> 20 minutes medium pace	<b>Walk 4</b> 25 minutes comfortable pace	<b>Walk 5</b> 20 minutes medium pace
<b>2</b>	<b>Walk 1</b> 30 minutes comfortable pace	<b>Walk 2</b> 20 minutes medium pace	Rest	<b>Walk 3</b> 30 minutes comfortable pace	<b>Walk 4</b> 30 minutes comfortable pace	Rest	<b>Walk 5</b> 20 minutes medium pace
<b>3</b>	<b>Walk 1</b> 30 minutes comfortable pace	Rest	<b>Walk 2</b> 25 minutes medium pace	<b>Walk 3</b> 30 minutes comfortable pace	<b>Walk 4</b> 25 minutes medium pace	Rest	<b>Walk 5</b> 30 minutes comfortable pace
<b>4</b>	<b>Walk 1</b> 30 minutes comfortable pace	<b>Walk 2</b> 25 minutes medium pace	Rest	<b>Walk 3</b> 25 minutes medium pace	<b>Walk 4</b> 30-35 minutes comfortable pace	<b>Walk 5</b> 25 minutes medium pace	Rest
<b>5</b>	<b>Walk 1</b> 25-30 minutes medium pace	<b>Walk 2</b> 30-35 minutes comfortable pace	Rest	<b>Walk 3</b> 35 minutes comfortable pace	<b>Walk 4</b> 25-30 minutes medium pace	Rest	<b>Walk 5</b> 35 minutes comfortable pace

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b>	Rest	<b>Walk 1</b> 35 minutes comfortable pace	<b>Walk 2</b> 30 minutes medium pace	<b>Walk 3</b> 35 minutes comfortable pace	<b>Walk 4</b> 15 minutes brisk pace	<b>Walk 5</b> 30 minutes medium pace	<b>Walk 6</b> 35 minutes comfortable pace
<b>7</b>	<b>Walk 1</b> 35 minutes comfortable pace	Rest	<b>Walk 2</b> 40 minutes comfortable pace	<b>Walk 3</b> 15 minutes brisk pace	<b>Walk 4</b> 30-35 minutes medium pace	<b>Walk 5</b> 15 minutes brisk pace	<b>Walk 6</b> 30-35 minutes medium pace
<b>8</b>	<b>Walk 1</b> 40 minutes comfortable pace	<b>Walk 2</b> 20 minutes brisk pace	Rest	<b>Walk 3</b> 35 minutes medium pace	<b>Walk 4</b> 40 minutes comfortable pace	<b>Walk 5</b> 35 minutes medium pace	<b>Walk 6</b> 20 minutes brisk pace
<b>9</b>	<b>Walk 1</b> 40 minutes comfortable pace	<b>Walk 2</b> 35 minutes medium pace	<b>Walk 3</b> 45 minutes comfortable pace	Rest	<b>Walk 4</b> 25 minutes brisk pace	<b>Walk 5</b> 45 minutes comfortable pace	<b>Walk 6</b> 35-40 minutes medium pace
<b>10</b>	<b>Walk 1</b> 25 minutes brisk pace	<b>Walk 2</b> 45 minutes comfortable pace	<b>Walk 3</b> 40 minutes medium pace	<b>Walk 4</b> 45 minutes comfortable pace	Rest	<b>Walk 5</b> 40 minutes medium pace	<b>Walk 6</b> 45 minutes com- fortable pace