


Walking Schedule for Beginners

Use this walking schedule as a guideline to help you plan your workouts and reach your fitness goals.

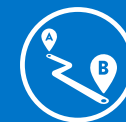


	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Week 1	Kick-off workout: Walk a total of 30 minutes at an easy pace outdoors, breaking it into three sessions of 10 minutes each.	Treadmill trek: Take it indoors, and walk 30 minutes on a treadmill at 3 MPH.	Rest day	Build-up: Walk a total of 30 minutes easy, breaking it into two sessions of 15 minutes each.	Rest day	Incline treadmill: Back to the gym, but this time use a slight incline (10%) on your treadmill. Set your speed at 2.5 to 3.0.	Recovery walk: Walk 30 minutes easy on a flat course.		
Week 2	Rest day	Outdoor intervals: On the sidewalk, walk 5 minutes easy, 5 minutes harder for 30 minutes.	Partner walk: Call a friend or family member and invite them on your 30-minute walk.	Rest day	Hill walk: Pick a neighborhood with some small rolling hills, and walk briskly for 30 minutes.	Indoor intervals: On the treadmill, walk 5 minutes easy, 5 minutes harder for 30 minutes.	Recovery walk: Walk 30 minutes easy on a flat course.		
Week 3	Rest day	Endurance: Stretch your walk to 45 minutes. If needed, rest for 2 minutes every 15 minutes.	Treadmill recovery: Walk easy for 20 minutes (2.5 MPH), then slightly faster for the last 10 minutes (3.0 MPH).	Sightseeing: Pick a local park or trail and walk briskly for 30 minutes over varied terrain.	Rest day	Hill climb: Pick a route with a steeper hill, walk up and down the hill for 30 minutes. Try to walk briskly up, and relax your pace on the way down.	Recovery walk: Walk 30 minutes easy (2.5-3.0 MPH) on the treadmill.		
Week 4	Partner walk: Call a friend or family member and invite them on your 30 minute walk.	Rest day	Outdoor intervals: On the sidewalk, walk 10 minutes easy, 10 minutes harder for 30 minutes.	Rest day	Stairs: Incorporate a staircase into your 30 minute walk. Try to walk up and down the staircase 5-10 times during your workout.	Recovery walk: Walk 30 minutes easy on a flat course.	Rest day		
Week 5	Endurance: Try to walk 1 hour without stopping!	Recovery walk: Walk 30 minutes easy (2.5-3.0 MPH) on the treadmill.	Celebration laps: 🎉 Walk/jog your workout on a track, choosing your pace and distance. You've reached your fitness goals!					CONGRATULATIONS! The finish line is <i>just the beginning</i> of a whole new race.	



10K PER DAY

See if you can aim for 10,000 steps per day—the number research has linked with health benefits.



GRADUALLY INCREASE

Depending on your fitness level, start by setting a realistic goal and gradually increase your distance each day until you reach 10,000 steps.



CONSISTENT TIME

Remember that choosing a consistent time of day for your workouts can help you stick with them. Lace up those sneakers, clip on your pedometer, and get out there!

Starting weight:

Ending weight:



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