

6 Week Walking Plan

Start each walking session with a 5 Minute Warm Up
(Walk at a slow pace to warm up your muscles)

Walk at pace/speed you are comfortable with. A good reference is if you are able to hold a conversation while walking.

Week One

Plan for 3 walking sessions this week. It is best to give yourself a break in between so plan for Monday, Wednesday and Friday or Tuesday, Thursday or Saturday. Aim for 20 minutes each walking session (not counting your warm up and cool down). If you cannot get in 20 minutes at one time then divide it up into 2 - 10 minute sessions. Focus on breathing while you walk and maintaining a comfortable pace.

Week Two

This week you will still continue with 3 walking sessions this week but you will increase your sessions to 30 minutes (not including your warm up and cool down.) If you want to add some diversity to your walk, alternate walking at a normal pace for 1 minute and then at a quicker pace for 30 seconds. Repeat this during your walk.

Week Three

This week you will increase to 4 walking sessions of 30 minutes.. This will be the maximum sessions you do per week. The remaining weeks will focus on increasing in time and speed. You can pick any day to add for your fourth day. If you are having a hard time fitting in a 30 minute walk during the day split it up into 2-15 minute walks.

Week Four

This week you will continue with 4 walking sessions but increase the time of each walk to 40 minutes. This can be hard some days with schedules so don't get discouraged and feel free to split the walk into 2 - 20 minute walks. If you are getting bored, get creative and take a new path and discover new parts of your neighborhood.

Week Five

You are already on week 5 and are doing fantastic. This week you will increase to 50 minutes during each walking session. Once again don't get discouraged if you can't accomplish a full 50 minutes at one time. Split it up if you have to into 2 separate walks. (20 + 30 or 25 + 25). Try to increase your speed slightly this week and see if you can make it just a little farther on your walks by the end of the week.

Week Six

You have made it to the final week and now you add 10 more minutes to your walking sessions for a total of 60 minutes. Focus on walking at a dedicated pace during your walk to prevent fatigue and allow you a more enjoyable experience. If you can increase your speed slightly again this week, that is terrific. Make sure to congratulate yourself on how far you have come since Week One and don't stop walking. Keep up this walking schedule and work on improving your speed and distance in future weeks. Remember when you don't have time for a full 60 minute walk you can easily split it up into 3 short 20 minute walks.

End each walking session with a 5 Minute Cool Down and Stretches
(Slow your pace to cool down your muscles)

To get the most weight loss benefit participate in a Cross Training Activity such as Aerobics, Zumba, Yoga, Swimming, Dancing, Bike Riding, Jump Roping, Hula Hooping, etc.