

My 4-week walking plan

Start date: _____

● **3 min slow**

You can talk in full sentences.

● **3 min fast**

Short phrases only, slightly out of breath.

Repeat.

Always start slow; finish on a fast block. Add an easy minute before and after.

Week	Each walk	Tick each walk you do			
1	18 min 3 slow + 3 fast blocks 3 walks this week				
2	24 min 4 slow + 4 fast blocks 3 walks this week				
3	24 min 4 slow + 4 fast blocks 4 walks this week				
4	30 min 5 slow + 5 fast blocks 4 walks this week				

Rest a day between walks in the first two weeks.

Missed a walk? Carry on where you left off. Don't double up.

After week 4: keep to 30 minutes, four days a week.

Check with a doctor first if you have a heart condition, high blood pressure, diabetes or joint problems, or have been inactive for a long time.