

SAMPLE WALKING PROGRAM

	WARM-UP	ACTIVITY	COOL DOWN	TOTAL TIME
WEEK 1				
Day 1	Walk Slowly 5 min.	Walk Briskly 5 min.	Walk Slowly 5 min.	15 min.
Day 2	Repeat above exercise session; walk on alternate days			
Day 3	Repeat above exercise session			
WEEK 2				
3x/week	Walk Slowly 5 min.	Walk Briskly 7 min.	Walk Slowly 5 min.	17 min.
WEEK 3				
3x/week	Walk Slowly 5 min.	Walk Briskly 9 min.	Walk Slowly 5 min.	19 min.
WEEK 4				
3x/week	Walk Slowly 5 min.	Walk Briskly 11 min.	Walk Slowly 5 min.	21 min.
WEEK 5				
4x/week	Walk Slowly 5 min.	Walk Briskly 11 min.	Walk Slowly 5 min.	21 min.
WEEK 6				
4x/week	Walk Slowly 5 min.	Walk Briskly 13 min.	Walk Slowly 5 min.	23 min.
WEEK 7				
4x/week	Walk Slowly 5 min.	Walk Briskly 15 min.	Walk Slowly 5 min.	25 min.
WEEK 8				
4x/week	Walk Slowly 5 min.	Walk Briskly 18 min.	Walk Slowly 5 min.	28 min.
WEEK 9				
5x/week	Walk Slowly 5 min.	Walk Briskly 20 min.	Walk Slowly 5 min.	30 min.
WEEK 10				
5x/week	Walk Slowly 5 min.	Walk Briskly 22 min.	Walk Slowly 5 min.	32 min.
WEEK 11				
5x/week	Walk Slowly 5 min.	Walk Briskly 25 min.	Walk Slowly 5 min.	35 min.
WEEK 12				
5x/week	Walk Slowly 5 min.	Walk Briskly 30 min.	Walk Slowly 5 min.	40 min.



STARTING A WALKING PROGRAM

KEYS FOR SUCCESS

1. GO SLOWLY

If you have not been physically active, gradually build up your exercise time to 30 minutes a day, 5 days a week, for a total of 150 minutes. This may take 10–12 weeks. BE PATIENT.

2. BEGIN EACH WORKOUT SLOWLY

Allow a 5-minute WARM-UP period. This wakes up your muscles and gets them ready for activity. Starting and ending your exercise slowly may also prevent muscle injury.

3. LISTEN TO YOUR BODY

You should be able to walk and talk while exercising. You are going too fast if you can not complete a sentence. If you experience muscle tightness, take an extra day off to rest. Select good walking shoes.

4. PAY ATTENTION TO WARNING SIGNS

STOP exercising if you feel dizzy, feel like fainting, are unable to catch your breath or experience pain/pressure in your chest during or after the exercise. Call your physician immediately and do not engage in physical activity until you are cleared to do so.

5. CHECK THE WEATHER

Wisconsin weather can be very hot or very cold. On hot humid days, exercise early in the morning or late in the evening. Wear light, loose-fitting clothing and drink 8–12 oz. of water before, during and after exercising. On cold days, dress in layers. The first layer of clothing (closest to your skin) should wick away moisture from your body. Also, don't forget your hat and gloves.

6. KEEP AT IT

- Exercise with a friend
- Make short-term goals (minutes, distance)
- Reward yourself if you meet your goals
- The health rewards of keeping physically active are worth the effort