

12-Week Guide to Healthy Walking

There are 1440 minutes in every day...
Schedule 30 of them for physical activity.

Week	Minimum Days	Warm Up	Push	Cool Down	Total Time
1	3	5 min slow	5 min brisk	5 min slow	15 min
2	3	5 min slow	7 min brisk	5 min slow	17 min
3	3	5 min slow	9 min brisk	5 min slow	19 min
4	3	5 min slow	11 min brisk	5 min slow	21 min
5	4	5 min slow	13 min brisk	5 min slow	23 min
6	4	5 min slow	15 min brisk	5 min slow	25 min
7	4	5 min slow	18 min brisk	5 min slow	28 min
8	4	5 min slow	20 min brisk	5 min slow	30 min
9	5	5 min slow	20 min brisk	5 min slow	30 min
10	5	5 min slow	20 min brisk	5 min slow	30 min
11	5	5 min slow	20 min brisk	5 min slow	30 min
12	5	5 min slow	20 min brisk	5 min slow	30 min