

Four Week Program for Beginners

Start a Walking Journal:

Keeping track of your weekly walking efforts will help you to maintain your schedule. Record your thoughts and any changes in your weight, waist size, energy level and your attitude!

Make a Habit of It:

Walk 5 days a week in order to build your endurance.

Week 1:

Start with a 15-minute walk, 5 days a week. Rest on day 3 and day 6 to allow your body time to recover. Weekly goal: 60-75 minutes.

Week 2:

Increase to 20 minutes a day, 5 days a week. You may add extra minutes on days prior to rest days. Weekly goal: 75-100 minutes.

Week 3:

Walk 30 minutes a day, 5 days a week. Weekly goal: 150 minutes.

Week 4:

Walk 45 minutes a day, 5 days a week. Weekly goal: 225 minutes.

Once you have mastered the Basic Walk Program, begin the 18-Week Long Distance Training Program. If you are already comfortable walking 5 miles at 3 to 4 mph, jump in at Week 3 or 4!

