

## A SAMPLE WALKING PROGRAM

Warm Up	Activity	Cool Down	Total Time
<b>Week 1</b> Session A Walk slowly 5 min.   Walk briskly 5 min.   Walk slowly 5 min.   15 min. Session B—Repeat above pattern. Session C—Repeat above pattern. <i>Continue with at least three exercise sessions during each week of the program.</i>			
<b>Week 2</b> Walk slowly 5 min.   Walk briskly 7 min.   Walk slowly 5 min.   17 min.			
<b>Week 3</b> Walk slowly 5 min.   Walk briskly 9 min.   Walk slowly 5 min.   19 min.			
<b>Week 4</b> Walk slowly 5 min.   Walk briskly 11 min.   Walk slowly 5 min.   21 min.			
<b>Week 5</b> Walk slowly 5 min.   Walk briskly 13 min.   Walk slowly 5 min.   23 min.			
<b>Week 6</b> Walk slowly 5 min.   Walk briskly 15 min.   Walk slowly 5 min.   25 min.			
<b>Week 7</b> Walk slowly 5 min.   Walk briskly 18 min.   Walk slowly 5 min.   28 min.			
<b>Week 8</b> Walk slowly 5 min.   Walk briskly 20 min.   Walk slowly 5 min.   30 min.			
<b>Week 9</b> Walk slowly 5 min.   Walk briskly 23 min.   Walk slowly 5 min.   33 min.			
<b>Week 10</b> Walk slowly 5 min.   Walk briskly 26 min.   Walk slowly 5 min.   36 min.			
<b>Week 11</b> Walk slowly 5 min.   Walk briskly 28 min.   Walk slowly 5 min.   38 min.			
<b>Week 12 on:</b> Walk slowly 5 min.   Walk briskly 30 min.   Walk slowly 5 min.   40 min.			