

READY, SET,
STEP



Beginner Walking Program

Participate in at least three walking sessions each week of the program

Week	Warm Up	Activity	Cool Down	Total Time	Weekly Totals
Week 1	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.	45 min.
Week 2	Walk slowly 5 min.	Then walk briskly 7 min.	Then walk slowly 5 min.	17 min.	51 min.
Week 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.	57 min.
Week 4	Walk slowly 5 min.	Then walk briskly 11 min.	Then walk slowly 5 min.	21 min.	63 min.
Week 5	Walk slowly 5 min.	Then walk briskly 13 min.	Then walk slowly 5 min.	23 min.	69 min.
Week 6	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.	75 min.

