

READY, SET,
STEP



Intermediate/Advanced Walking Program

Participate in at least four 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 10 min.	Then walk slowly 5 min.	20 min.	80 min.
Week 2	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.	100 min.
Week 3	Walk slowly 5 min.	Then walk briskly 20 min.	Then walk slowly 5 min.	30 min.	120 min.
Week 4	Walk slowly 5 min.	Then walk briskly 25 min.	Then walk slowly 5 min.	35 min.	140 min.
Week 5	Walk slowly 5 min.	Then walk briskly 30 min.	Then walk slowly 5 min.	40 min.	160 min.
Week 6	Walk slowly 5 min.	Then walk briskly 35 min.	Then walk slowly 5 min.	45 min.	180 min.

