

12 Week Sample Walking Program

	WARM UP	ACTIVITY (Target Zone*)	COOL DOWN	TOTAL TIME	PROGRESS <input checked="" type="checkbox"/>
WEEK 1 3x/week (Alternate days)	Walk Slowly 5 min.	Walk Briskly 5 min.	Walk Slowly 5 min.	15 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 2 3x/week	Walk Slowly 5 min.	Walk Briskly 7 min.	Walk Slowly 5 min.	17 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 3 3x/week	Walk Slowly 5 min.	Walk Briskly 9 min.	Walk Slowly 5 min.	19 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 4 3x/week	Walk Slowly 5 min.	Walk Briskly 11 min.	Walk Slowly 5 min.	21 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 5 4x/week	Walk Slowly 5 min.	Walk Briskly 13 min.	Walk Slowly 5 min.	23 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 6 4x/week	Walk Slowly 5 min.	Walk Briskly 15 min.	Walk Slowly 5 min.	25 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 7 4x/week	Walk Slowly 5 min.	Walk Briskly 18 min.	Walk Slowly 5 min.	28 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 8 4x/week	Walk Slowly 5 min.	Walk Briskly 20 min.	Walk Slowly 5 min.	30 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 9 5x/week	Walk Slowly 5 min.	Walk Briskly 23 min.	Walk Slowly 5 min.	33 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 10 5x/week	Walk Slowly 5 min.	Walk Briskly 26 min.	Walk Slowly 5 min.	36 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 11 5x/week	Walk Slowly 5 min.	Walk Briskly 28 min.	Walk Slowly 5 min.	38 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
WEEK 12 5x/week	Walk Slowly 5 min.	Walk Briskly 30 min.	Walk Slowly 5 min.	40 min.	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

*As you improve your fitness, try to walk within the upper range of your target heart rate zone.

(Adapted from National Heart, Lung, and Blood Institute² and University of Wisconsin School of Medicine and Public Health³)

References

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
2. National Heart, Lung, & Blood Institute (2006). Your guide to physical activity and your heart. NIH Publication NO. 06-5714. Accessed July 8, 2022. <https://www.nhlbi.nih.gov/resources/your-guide-physical-activity-and-your-heart>
3. University of Wisconsin School of Medicine and Public Health,. Sample walking program. Accessed July 8, 2022. https://www.uwhealth.org/files/uwhealth/docs/pdf6/HVT_Walking_Handout_Update.pdf