



12-Week Walking Plan for Beginners

The goal of this 12-Week Walking Plan for Beginners is to move you toward walking for 30-60 minutes, 5-7 days a week.¹ Check with your health care provider before you start any exercise program.

| | WARM UP | ACTIVITY* | COOL DOWN | TOTAL TIME | PROGRESS <input checked="" type="checkbox"/> |
|---|----------------------|------------------------|----------------------|------------|--|
| WEEK 1 3 times per 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 3 times per 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 3 times per 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 3 times per 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 4 times per 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 4 times per 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 4 times per 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 4 times per 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 5 times per 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 5 times per 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 5 times per 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 5 times per 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

Step into the habit of healthy with a FREE walking program like Walk Across Texas.

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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