

**“Just Starting” Walking Routine :** Each day this week, perform the recommended activity. Modify the routine if needed. Some days have two routines, try to do one in the morning and one in the afternoon or evening. You can combine them into one session.

MONDAY		
Total 18 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
8 MIN: 5:00-12:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 13:00-17:59	Recovery walk	Easier, cooling down

**Daily Pedometer Steps:** Take 1,700 extra steps beyond your average

TUESDAY		
Total 14 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
90 sec: 5:00-6:29	Revved pace	Brisk stroll, “somewhat hard”
30 sec: 6:30-6:59	Roarin’ pace	Pushing it, “very hard”
90 sec: 7:00-8:29	Revved pace	Brisk stroll, “somewhat hard”
30 sec: 8:30-8:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 9:00-13:59	Recovery walk	Easier, cooling down

**Daily Pedometer Steps:** Take 1,700 extra steps beyond your average

WEDNESDAY		
Total 25 min. (10, 15 min.)	Walk Pace	Feels Like
3 MIN: 0-2:59	Warm-up	Easy stroll
4 MIN: 3:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down
5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 7:00-7:59	Race pace	Pumping faster, “working harder”
2 MIN: 8:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 10:00-10:59	Race pace	Pumping faster, “working harder”
4 MIN: 11:00-14:59	Recovery walk	Easier, cooling down

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THURSDAY		
Total 15 min.	Walk Pace	Feels Like
4 MIN: 0-3:59	Warm-up	Easy stroll
8 MIN: 4:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 12:00-14:59	Recovery walk	Easier, cooling down

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**Week 4 :** ...Continued from page 1...

<b>FRIDAY</b>		
<b>Total 28 min. (18, 10 min.)</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 6:00-6:59	Race pace	Pumping faster, “working harder”
1 MIN: 7:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 8:00-8:59	Race pace	Pumping faster, “working harder”
1 MIN: 9:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 10:00-10:59	Roarin’ pace	Pushing it, “very hard”
1 MIN: 11:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 12:00-12:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 13:00-17:59	Recovery walk	Easier, cooling down
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3 MIN: 0-2:59	Warm-up	Easy stroll
4 MIN: 3:00-6:59	Race pace	Pumping faster, “working harder”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down

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<b>SATURDAY</b>		
<b>Total 21 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
11 MIN: 5:00-15:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 16:00-20:59	Recovery walk	Easier, cooling down

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<b>SUNDAY</b>		
<b>Total 24 min. (10, 14 min.)</b>	<b>Walk Pace</b>	<b>Feels Like</b>
4 MIN: 0-3:59	Warm-up	Easy stroll
2 MIN: 4:00-5:59	Roarin’ pace	Pushing it, “very hard”
4 MIN: 6:00-9:59	Recovery walk	Easier, cooling down
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5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Race pace	Pumping faster, “working harder”
1 MIN: 6:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 7:00-7:59	Race pace	Pumping faster, “working harder”
1 MIN: 8:00-8:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 9:00-13:59	Recovery walk	Easier, cooling down

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