

“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 14 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
4 MIN: 5:00-8:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 9:00-13:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average

TUESDAY		
Total 14 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
5 MIN: 5:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 10:00-13:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average

WEDNESDAY		
Total 22 min. (12, 10 min.)	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
3 MIN: 5:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 8:00-11:59	Recovery walk	Easier, cooling down
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5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average

THURSDAY		
Total 17 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
7 MIN: 5:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 12:00-16:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average

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Week 2 : ...Continued from page 1...

FRIDAY		
Total 17 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
2 MIN: 5:00-6:59	Revved pace	Brisk stroll, “somewhat hard”
3 MIN: 7:00-9:59	Recovery walk	Easier, cooling down
6 MIN: 0-5:59		
6 MIN: 0-5:59	Warm-up	Easy stroll
2 MIN: 6:00-7:59	Race pace	Pumping faster, “working harder”
6 MIN: 8:00-13:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average

SATURDAY		
Total 17 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”
4 MIN: 13:00-16:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,000 extra steps beyond your average

SUNDAY		
Total 17 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
1 MIN: 5:00-5:59	Revved pace	Brisk stroll, “somewhat hard”
30 sec 6:00-6:29	Roarin’ pace	Pushing it, “very hard”
90 sec 6:30-7:59	Revved pace	Brisk stroll, “somewhat hard”
30 sec 8:00-8:29	Roarin’ pace	Pushing it, “very hard”
90 sec 8:30-9:59	Revved pace	Brisk stroll, “somewhat hard”
30 sec 10:00-10:29	Roarin’ pace	Pushing it, “very hard”
90 sec 10:30-11:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 12:00-16:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 1,500 extra steps beyond your average