

"Just Starting" Walking Routine : Each day this week, perform the recommended activity. Modify the routine if needed. On days with two routines, you can do them separately or combine them into one workout.

For now and forever:

- aim to get 10,000 to 15,000 steps a day if you are using a pedometer.
- aim to walk (or do other cardio) for at least 30 minutes per day (all at once or broken up)
- work up to longer walks as you get fitter
- always slow down, shorten sessions or substitute with a non-aggravating activity (cycling, swimming) or stop if you get injured or feel too sore; resume when you feel better, starting with a lower level than you were at when you stopped
- include a few days of other types of activities or workouts into your week

MONDAY

Total 20 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
12 MIN: 5:00-16:59	Revved pace	Brisk stroll, "somewhat hard"
3 MIN: 17:00-19:59	Recovery walk	Easier, cooling down

Additional Steps: Take 2,000 extra steps beyond your average

TUESDAY

Total 17 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"
90 SEC: 9:00-10:29	Revved pace	Brisk stroll, "somewhat hard"
30 SEC: 10:30-10:59	Roarin' pace	Pushing it, "very hard"
90 SEC: 11:00-12:29	Revved pace	Brisk stroll, "somewhat hard"
30 SEC: 12:30-13:59	Race pace	Pumping faster, "working harder"
3 MIN: 14:00-16:59	Recovery walk	Easier, cooling down

Additional Steps: Take 2,000 extra steps beyond your average

WEDNESDAY

Total 26 min. (16, 10 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"
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"
5 MIN: 11:00-15:59	Recovery walk	Easier, cooling down

...Wednesday steps continue on page 2...

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Week 5 : ...Continued from page 1...

WEDNESDAY (cont...)	Walk Pace	Feels Like
(break)		
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 2,000 extra steps beyond your average

THURSDAY		
Total 16 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”
3 MIN: 13:00-15:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 2,000 extra steps beyond your average

FRIDAY		
Total 27 min. (17, 10 min.)	Walk Pace	Feels Like
4 MIN: 0-3:59	Warm-up	Easy stroll
1 MIN: 4:00-4:59	Revved pace	Brisk stroll, “somewhat hard”
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”
1 MIN: 9:00-9:59	Race pace	Pumping faster, “working harder”
1 MIN: 10:00-10:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 11:00-11:59	Race pace	Pumping faster, “working harder”
1 MIN: 12:00-12:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 13:00-13:59	Race pace	Pumping faster, “working harder”
3 MIN: 14:00-16:59	Recovery walk	Easier, cooling down
(break)		
4 MIN: 0-3:59	Warm-up	Easy stroll
2 MIN: 4:00-5:59	Race pace	Pumping faster, “working harder”
4 MIN: 6:00-9:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 2,000 extra steps beyond your average

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Week 5 : ...Continued from page 2...

SATURDAY		
Total 23 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”
1 MIN: 7:00-7:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 8:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 10:00-10:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 11:00-12:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 13:00-13:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 14:00-15:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 16:00-16:59	Roarin’ pace	Pushing it, “very hard”
6 MIN: 17:00-22:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 2,000 extra steps beyond your average

SUNDAY		
Total 30 min. (10, 20min.)	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
4 MIN: 0-3:59	Warm-up	Easy stroll
2 MIN: 4:00-5:59	Race pace	Pumping faster, “working harder”
2 MIN: 6:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 8:00-9:59	Race pace	Pumping faster, “working harder”
2 MIN: 10:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 12:00-13:59	Race pace	Pumping faster, “working harder”
2 MIN: 14:00-15:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 16:00-19:59	Recovery walk	Easier, cooling down

Daily Pedometer Steps: Take 2,000 extra steps beyond your average