

**“Regular Walker” 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 55 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”
2 MIN: 9:00-10:59	Race pace	Pumping faster, “working harder”
4 MIN: 11:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 15:00-16:59	Race pace	Pumping faster, “working harder”
4 MIN: 17:00-20:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 21:00-22:59	Race pace	Pumping faster, “working harder”
4 MIN: 23:00-26:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 27:00-28:59	Race pace	Pumping faster, “working harder”
6 MIN: 29:00-34:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 35:00-35:59	Roarin’ pace	Pushing it, “very hard”
6 MIN: 36:00-41:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 42:00-42:59	Roarin’ pace	Pushing it, “very hard”
6 MIN: 43:00-48:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 49:00-49:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 50:00-54:59	Recovery walk	Easier, cooling down

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

TUESDAY		
Total 40 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
9 MIN: 5:00-13:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 14:00-14:59	Roarin’ pace	Pushing it, “very hard”
9 MIN: 15:00-23:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 24:00-24:59	Roarin’ pace	Pushing it, “very hard”
9 MIN: 25:00-33:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 34:00-34:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 35:00-39:59	Recovery walk	Easier, cooling down

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<b>WEDNESDAY</b>		
<b>Total 70 min. (35 /35 min.)</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
6 MIN: 5:00-10:59	Revved pace	Brisk stroll, “somewhat hard”
6 MIN: 11:00-16:59	Race pace	Pumping faster, “working harder”
6 MIN: 17:00-22:59	Revved pace	Brisk stroll, “somewhat hard”
6 MIN: 23:00-28:59	Race pace	Pumping faster, “working harder”
6 MIN: 29:00-34:59	Recovery walk	Easier, cooling down
<b>WEDNESDAY</b>		
5 MIN: 0-4:59	Warm-up	Easy stroll
4 MIN: 5:00-8:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 9:00-10:59	Race pace	Pumping faster, “working harder”
4 MIN: 11:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 15:00-16:59	Race pace	Pumping faster, “working harder”
4 MIN: 17:00-20:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 21:00-22:59	Race pace	Pumping faster, “working harder”
4 MIN: 23:00-26:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 27:00-28:59	Race pace	Pumping faster, “working harder”
6 MIN: 29:00-34:59	Recovery walk	Easier, cooling down

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<b>THURSDAY</b>		
<b>Total 60 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
15 MIN: 5:00-19:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 20:00-21:59	Race pace	Pumping faster, “working harder”
3 MIN: 22:00-24:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 25:00-26:59	Roarin’ pace	Pushing it, “very hard”
11 MIN: 27:00-37:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 38:00-39:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 40:00-42:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 43:00-44:59	Roarin’ pace	Pushing it, “very hard”
10 MIN: 45:00-54:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 55:00-59:59	Recovery walk	Easier, cooling down

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<b>FRIDAY</b>		
<b>Total 57 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
10 MIN: 0-9:59	Warm-up	Easy stroll
3 MIN: 10:00-12:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 13:00-14:59	Race pace	Pumping faster, “working harder”
3 MIN: 15:00-17:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 18:00-19:59	Race pace	Pumping faster, “working harder”
3 MIN: 20:00-22:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 23:00-24:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 25:00-27:59	Race pace	Pumping faster, “working harder”
2 MIN: 28:00-29:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 30:00-32:59	Race pace	Pumping faster, “working harder”
2 MIN: 33:00-34:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 35:00-37:59	Race pace	Pumping faster, “working harder”
2 MIN: 38:00-39:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 40:00-41:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 42:00-42:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 43:00-44:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 45:00-45:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 46:00-47:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 48:00-48:59	Roarin’ pace	Pushing it, “very hard”
8 MIN: 49:00-56:59	Recovery walk	Easier, cooling down

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<b>SATURDAY</b>		
<b>Total 30 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
4 MIN: 5:00-8:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 9:00-9:59	Race pace	Pumping faster, “working harder”
4 MIN: 10:00-13:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 14:00-14:59	Race pace	Pumping faster, “working harder”
4 MIN: 15:00-18:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 19:00-19:59	Race pace	Pumping faster, “working harder”
4 MIN: 20:00-23:59	Warm-up	Easy stroll
1 MIN: 24:00-24:59	Race pace	Pumping faster, “working harder”
5 MIN: 25:00-29:59	Recovery walk	Easier, cooling down

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<b>SUNDAY</b>		
<b>Total 73 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
15 MIN: 0-14:59	Warm-up	Easy stroll
8 MIN: 15:00-22:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 23:00-26:59	Race pace	Pumping faster, “working harder”
8 MIN: 27:00-34:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 35:00-38:59	Race pace	Pumping faster, “working harder”
8 MIN: 39:00-46:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 47:00-50:59	Race pace	Pumping faster, “working harder”
8 MIN: 51:00-58:59	Revved pace	Brisk stroll, “somewhat hard”
4 MIN: 59:00-62:59	Race pace	Pumping faster, “working harder”
10 MIN: 63:00-72:59	Recovery walk	Easier, cooling down

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\*If any routine is too vigorous, back up to an earlier week or routine and do not progress until you feel fit enough to do so. Slow down, shorten or stop the workout if you need to. If you experience pain or dizziness at any point, slow down or stop. This diet and exercise program should not be followed without first consulting a health care professional. If you have any special health conditions requiring attention, you should consult with your health care professional regularly regarding possible modification of this program.