

“Regular Walker” 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 15,000 to 20,000 steps a day if you are using a pedometer.
- aim to walk (or do other cardio) for at least 60 minutes per day (all at once or broken up)
- work up to longer or harder session 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

*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.

MONDAY		
Total 60 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
45 MIN: 10:00-54:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 55:00-59:59	Recovery walk	Easier, cooling down

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

TUESDAY		
Total 45 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
35 MIN: 5:00-39:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 40:00-44:59	Recovery walk	Easier, cooling down

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

WEDNESDAY		
Total 50 min. (25, 25 min.)	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
5 MIN: 10:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 15:00-19:59	Race pace	Pumping faster, “working harder”
5 MIN: 20:00-24:59	Recovery walk	Easier, cooling down
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5 MIN: 0-4:59	Warm-up	Easy stroll
5 MIN: 5:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 10:00-14:59	Race pace	Pumping faster, “working harder”
5 MIN: 15:00-19:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 20:00-24:59	Recovery walk	Easier, cooling down

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

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

THURSDAY		
Total 85 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
10 MIN: 10:00-19:59	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	Race pace	Pumping faster, “working harder”
3 MIN: 27:00-29:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 30:00-31:59	Race pace	Pumping faster, “working harder”
3 MIN: 32:00-34:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 35:00-36:59	Race pace	Pumping faster, “working harder”
3 MIN: 37:00-39:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 40:00-41:59	Race pace	Pumping faster, “working harder”
3 MIN: 42:00-44:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 45:00-46:59	Race pace	Pumping faster, “working harder”
3 MIN: 47:00-49:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 50:00-51:59	Race pace	Pumping faster, “working harder”
3 MIN: 52:00-54:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 55:00-56:59	Race pace	Pumping faster, “working harder”
3 MIN: 57:00-59:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 60:00-61:59	Race pace	Pumping faster, “working harder”
3 MIN: 62:00-64:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 65:00-74:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 75:00-84:59	Recovery walk	Easier, cooling down

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

FRIDAY		
Total 65 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
45 MIN: 10:00-54:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 55:00-64:59	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 50 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
2 MIN: 10:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 12:00-12:59	Race pace	Pumping faster, “working harder”
2 MIN: 13:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 15:00-15:59	Race pace	Pumping faster, “working harder”
2 MIN: 16:00-17:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 18:00-18:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 19:00-20:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 21:00-21:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 22:00-23:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 24:00-24:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 25:00-26:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 27:00-27:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 28:00-29:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 30:00-30:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 31:00-32:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 33:00-33:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 34:00-35:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 36:00-36:59	Roarin’ pace	Pushing it, “very hard”
2 MIN: 37:00-38:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 39:00-39:59	Roarin’ pace	Pushing it, “very hard”
10 MIN: 40:00-49:59	Recovery walk	Easier, cooling down

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

SUNDAY		
Total 90 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
15 MIN: 10:00-24:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 25:00-34:59	Race pace	Pumping faster, “working harder”
15 MIN: 35:00-49:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 50:00-59:59	Race pace	Pumping faster, “working harder”
10 MIN: 60:00-69:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 70:00-79:59	Race pace	Pumping faster, “working harder”
10 MIN: 80:00-89:59	Recovery walk	Easier, cooling down

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