

“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 60 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”
10 MIN: 20:00-29:59	Race pace	Pumping faster, “working harder”
10 MIN: 30:00-39:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 40:00-49:59	Race pace	Pumping faster, “working harder”
10 MIN: 50:00-59:59	Recovery walk	Easier, cooling down

Daily Pedometer 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

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

WEDNESDAY		
Total 80 min. (35, 45 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	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 25:00-29:59	Race pace	Pumping faster, “working harder”
5 MIN: 30:00-34:59	Recovery walk	Easier, cooling down
10 MIN: 0-9:59	Warm-up	Easy stroll
2 MIN: 10:00-11:59	Race pace	Pumping faster, “working harder”
3 MIN: 12:00-14:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 15:00-16:59	Race pace	Pumping faster, “working harder”
3 MIN: 17:00-19:59	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”

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

WEDNESDAY (cont...)		
	Walk Pace	Feels Like
3 MIN: 23:00-26:59 (previous step)	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”
10 MIN: 35:00-44:59	Recovery walk	Easier, cooling down

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

THURSDAY		
Total 60 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”
2 MIN: 15:00-16:59	Race pace	Pumping faster, “working harder”
5 MIN: 17:00-21:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 22:00-23:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 24:00-28:59	Race pace	Pumping faster, “working harder”
2 MIN: 29:00-30:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 31:00-35:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 36:00-37:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 38:00-42:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 43:00-44:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 45:00-49:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 50:00-51:59	Roarin’ pace	Pushing it, “very hard”
8 MIN: 52:00-59:59	Recovery walk	Easier, cooling down

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FRIDAY		
Total 55 min.	Walk Pace	Feels Like
10 MIN: 0-9:59	Warm-up	Easy stroll
35 MIN: 10:00-44:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 45:00-54:59	Recovery walk	Easier, cooling down

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Week 4 : ...Continued from page 2...

SATURDAY		
Total 35 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”
2 MIN: 8:00-9:59	Race pace	Pumping faster, “working harder”
3 MIN: 10:00-12:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 13:00-14:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 15:00-17:59	Race pace	Pumping faster, “working harder”
2 MIN: 18:00-19:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 20:00-22:59	Race pace	Pumping faster, “working harder”
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”
5 MIN: 30:00-34:59	Recovery walk	Easier, cooling down

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

SUNDAY		
Total 80 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”
10 MIN: 22:00-31:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 32:00-33:59	Race pace	Pumping faster, “working harder”
10 MIN: 34:00-43:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 44:00-45:59	Race pace	Pumping faster, “working harder”
10 MIN: 46:00-55:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 56:00-57:59	Race pace	Pumping faster, “working harder”
10 MIN: 58:00-67:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 68:00-69:59	Race pace	Pumping faster, “working harder”
10 MIN: 70:00-79:59	Recovery walk	Easier, cooling down

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