

**“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 50 min.	Walk Pace	Feels Like
5 MIN: 0-4:59	Warm-up	Easy stroll
40 MIN: 5:00-44:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 45:00-49:59	Recovery walk	Easier, cooling down

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

TUESDAY		
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”
1 MIN: 8:00-8:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 9:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 12:00-12:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 13:00-15:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 16:00-16:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 17:00-19:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 20:00-20:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 21:00-23:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 24:00-24:59	Roarin’ pace	Pushing it, “very hard”
3 MIN: 25:00-27:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 28:00-28:59	Roarin’ pace	Pushing it, “very hard”
6 MIN: 29:00-34:59	Recovery walk	Easier, cooling down

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

<b>WEDNESDAY</b>		
<b>Total 65 min. (30, 35 min.)</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
20 MIN: 5:00-24:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 25:00-29:59	Recovery walk	Easier, cooling down
<b>6 MIN: 0-5:59</b>		
6 MIN: 0-5:59	Warm-up	Easy stroll
4 MIN: 6:00-9:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 10:00-11:59	Race pace	Pumping faster, “working harder”
4 MIN: 12:00-15:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 16:00-17:59	Race pace	Pumping faster, “working harder”
4 MIN: 18:00-21:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 22:00-23:59	Race pace	Pumping faster, “working harder”
4 MIN: 24:00-27:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 28:00-29:59	Race pace	Pumping faster, “working harder”
5 MIN: 30:00-34:59	Recovery walk	Easier, cooling down

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

<b>THURSDAY</b>		
<b>Total 55 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
5 MIN: 0-4:59	Warm-up	Easy stroll
45 MIN: 5:00-49:59	Revved pace	Brisk stroll, “somewhat hard”
5 MIN: 50:00-54:59	Recovery walk	Easier, cooling down

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

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**Week 2 :** ...Continued from page 2...

<b>FRIDAY</b>		
<b>Total 60 min. (40, 20 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	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 24:00-24:59	Race pace	Pumping faster, “working harder”
4 MIN: 25:00-28:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 29:00-29:59	Race pace	Pumping faster, “working harder”
4 MIN: 30:00-33:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 34:00-34:59	Race pace	Pumping faster, “working harder”
5 MIN: 35:00-39:59	Recovery walk	Easier, cooling down
<b>FRIDAY</b>		
5 MIN: 0-4:59	Warm-up	Easy stroll
3 MIN: 5:00-7:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 8:00-8:59	Race pace	Pumping faster, “working harder”
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: 12:30-12:59	Roarin’ pace	Pushing it, “very hard”
90 sec: 13:00-14:29	Revved pace	Brisk stroll, “somewhat hard”
30 sec: 14:30-14:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 15:00-19:59	Recovery walk	Easier, cooling down

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

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**Week 2 :** ...Continued from page 3...

<b>SATURDAY</b>		
<b>Total 40 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
10 MIN: 0-9:59	Warm-up	Easy stroll
20 MIN: 10:00-29:59	Revved pace	Brisk stroll, “somewhat hard”
10 MIN: 30:00-39:59	Recovery walk	Easier, cooling down

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

<b>SUNDAY</b>		
<b>Total 66 min.</b>	<b>Walk Pace</b>	<b>Feels Like</b>
7 MIN: 0-6:59	Warm-up	Easy stroll
5 MIN: 7:00-11:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 12:00-13:59	Race pace	Pumping faster, “working harder”
5 MIN: 14:00-18:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 19:00-20:59	Race pace	Pumping faster, “working harder”
4 MIN: 21:00-24:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 25:00-25:59	Roarin’ pace	Pushing it, “very hard”
4 MIN: 26:00-29:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 30:00-30:59	Roarin’ pace	Pushing it, “very hard”
4 MIN: 31:00-34:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 35:00-35:59	Roarin’ pace	Pushing it, “very hard”
5 MIN: 36:00-40:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 41:00-42:59	Race pace	Pumping faster, “working harder”
5 MIN: 43:00-47:59	Revved pace	Brisk stroll, “somewhat hard”
2 MIN: 48:00-49:59	Race pace	Pumping faster, “working harder”
4 MIN: 50:00-53:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 54:00-54:59	Roarin’ pace	Pushing it, “very hard”
4 MIN: 55:00-58:59	Revved pace	Brisk stroll, “somewhat hard”
1 MIN: 59:00-59:59	Roarin’ pace	Pushing it, “very hard”
6 MIN: 60:00-65:59	Recovery walk	Easier, cooling down

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