

# 13 WEEK WALKING PLAN

**ALWAYS CHECK WITH YOUR PHYSICIAN BEFORE ADDING NEW ACTIVITY TO YOUR DAILY ROUTINE.**

- **Brisk walking** is 3-3.5 mph – walking a mile in 17-20 minutes
- **Vigorous walking** is 3.5-4.5 mph – walking a mile in 13-17 minutes
- **Once you are walking 30 minutes comfortable** - add uphill/downhill, 2-3 lb hand weights and continue your arm swing motion. Walk on beach, the sand will increase the intensity level.

## BEGINNERS WALKERS

Brisk Pace  
Monday – Sunday

## INTERMEDIATE WALKERS

Vigorous Pace  
Monday – Sunday

**Week 1**

**10 minutes daily**

**30 minutes daily**

**Week 2**

**10 minutes daily**

**30 minutes daily**

**Week 3**

**15 minutes daily**

**30 minutes daily**

**Week 4**

**20 minutes daily**

**30 minutes daily**

**Week 5**

**25 minutes daily**

**45 minutes daily**

**Week 6**

**30 minutes daily**

**45 minutes daily**

**Week 7**

**30 minutes daily**

**45 minutes daily**

**Week 8**

**35 minutes daily**

**45 minutes daily**

**Week 9**

**40 minutes daily**

**45 minutes daily**

**Week 10**

**45 minutes daily**

**60 minutes daily**

**Week 11**

**50 minutes daily**

**60 minutes daily**

**Week 12**

**55 minutes daily**

**60 minutes daily**

**Week 13**

**60 minutes daily**

**60 minutes daily**