

WALKING 8 WEEK PROGRAM – High Intensity

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. WALK AT A NORMAL PACE FOR 3 MIN		1. WALK AT A NORMAL PACE FOR 3 MIN		1. WALK AT A NORMAL PACE FOR 3 MIN		
	2. WALK AT PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. - 1 MIN BREAK		2. WALK AT PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. - 1 MIN BREAK		2. WALK AT PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. - 1 MIN BREAK		
	3. Walk AT A NORMAL PACE FOR 3 MIN.		3. Walk AT A NORMAL PACE FOR 3 MIN.		3. WALK AT A NORMALPACE FOR 3 MIN.		
	4. STRETCH		4. STRETCH		4. STRETCH		

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. WALK AT A NORMAL PACE FOR 4 MIN		1. WALK AT A NORMAL PACE FOR 4 MIN		1. WALK AT A NORMAL PACE FOR 4 MIN	
		2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. FAST PACE MIN BREAK		2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. FAST PACE MIN BREAK		2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 5 MIN. FAST PACE - MIN BREAK	
		3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.	
		4. STRETCH		4. STRETCH		4. STRETCH	

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		
	2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 10 MIN. FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 10 MIN. FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 10 MIN - 1 MIN BREAK, 10 MIN. FAST PACE - 1 MIN BREAK		
	3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMALPACE FOR 5 MIN.		
	4. STRETCH		4. STRETCH		4. STRETCH		

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN	
		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK	
		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH	

Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		
	2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK - 1 MIN BREAK		
	3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		

Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN	
		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 5 MIN WALK FAST PACE - 1 MIN BREAK	
		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH		3. WALK AT A NORMAL PACE FOR 5 MIN. 4. STRETCH	

Week 7

MONDAY	TUESDAY *-WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. WALK AT A NORMAL PACE FOR 5 MIN	1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN
2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 10 MIN WALK FAST PACE - 1 MIN BREAK	2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 10 MIN WALK FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN - 1 MIN BREAK, 10 MIN WALK FAST PACE - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 20 MIN - 1 MIN BREAK, 10 MIN WALK FAST PACE - 1 MIN BREAK
3. WALK AT A NORMAL PACE FOR 5 MIN.	3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.
4. STRETCH	4. STRETCH		4. STRETCH		4. STRETCH

Week 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN		1. WALK AT A NORMAL PACE FOR 5 MIN	1. WALK AT A NORMAL PACE FOR 5 MIN
	2. WALK AT A MODERATE PACE FOR 15 MIN. - 2 MINUTE BREAK, WALK 5 MIN - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN. - 2 MINUTE BREAK, WALK 5 MIN - 1 MIN BREAK		2. WALK AT A MODERATE PACE FOR 15 MIN. - 2 MINUTE BREAK, WALK 5 MIN - 1 MIN BREAK	2. WALK AT A MODERATE PACE FOR 20 MIN - 1 MIN BREAK, 5 MIN WALK - 1 MIN BREAK
	3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.		3. WALK AT A NORMAL PACE FOR 5 MIN.	3. WALK AT A NORMAL PACE FOR 5 MIN.
	4. STRETCH		4. STRETCH		4. STRETCH	4. STRETCH