

## 12 – Week Walking Program

(Can also be used for biking, treadmill, elliptical, rowing, and other modes of exercise)

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
30 minutes 3 times/wk 1 × interval #1							
30 minutes 3-4 times/wk 2 × interval #1							
35 minutes 3 times/wk 1 × interval #2							
35 minutes 3-4 times/wk 2 × interval #2							
40 minutes 3-4 times/wk 1 × interval #3							
40 minutes 4-5 times/wk 2 × interval #3							
45 minutes 3-4 times/wk 2 × interval #4							
45 minutes 4-5 times/wk 2 × interval #4							
50 minutes 3-4 times/wk 2 × interval #5							
50 minutes 5 times/wk 2 × interval #5							
55 minutes 3-4 times/wk 2 × interval #5							
60 minutes 5 times/wk 2 × interval #5							

### **Interval Training**

Interval training is when you break down your workout into segments and exercise at different intensities. Some of its benefits include burning more calories and fat, improves cardiovascular fitness, and adds variety to workouts. It also challenges your body, preventing it from adapting and reaching a plateau that will slow your weight loss progress.

\*\*\*Break your workout down into approximately 5-minute segments.

#1 – Warm up 5 min. Walk 4 min at normal pace, then 1 min at increased speed. Repeat until finished.

#2 – Warm up 5 min. Walk 2 min at normal, 1 min increased speed. Repeat until finished.

#3 – Warm up 5 min. Walk 3 min at normal pace, then 2 min at increased speed. Repeat until finished.

#4 – Warm up 5 min. Walk 2 min at normal pace, then 3 min at increased speed. Repeat until finished.

#5 – Warm up 5 min. Walk 5 min at normal pace, then 5 min at increased speed. Repeat until finished.