

ACTIVITY PLAN: WALKING

Aim: improve your cardiovascular fitness and stamina by walking more often and walking briskly.

Follow this 4-week plan to maximise results.

Length: one month.

Duration: 20 minutes per day.

Frequency: complete each week's plan 3 times per week.

Week 1

Get started with these two-minute intervals.



Description

0-5min: warm-up walk at a comfortable pace
 5-7min: brisk walk
 7-9min: easy walk at your normal walking pace
 9-11min: brisk walk
 11-13min: easy walk
 13-15min: brisk walk
 15-20min: gentle recovery stroll and focus on breathing normally

Week 2

Build your stamina by increasing the length of your brisk walk.



Description

0-5min: warm-up walk at a comfortable pace
 5-8min: brisk walk
 8-10min: easy walk at your normal walking pace
 10-13min: brisk walk
 13-15min: easy walk
 15-18min: brisk walk
 18-20min: gentle recovery stroll

Week 3

Start minimising your recovery time with two extended brisk walks.



Description

0-5min: warm-up walk at a comfortable pace
 5-10min: brisk walk
 10-12min: easy walk
 12-17min: brisk walk
 17-20min: walk at a comfortable pace

Week 4

Work on your endurance by completing one long brisk walk.



Description

0-5min: warm-up walk at a comfortable pace
 5-15min: brisk walk
 15-20min: walk at a comfortable pace

Extra challenge: in the final 5-15min skip the cool down and continue your brisk walk.

Tip: use the timer on your phone or play music to count the minutes.