

# THE WALKING PROGRAMME FOR BEGINNERS

**Level: Beginner | Duration: 10 Weeks | Goal: Zero to 60 in 10 Weeks**

Remember to warm up before each session and stretch after each session.

WEEK 1	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 1	15 min	20 min	15 min	Rest	15 min	20 min	Rest
WEEK 2	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 2	20 min	20 min	20 min	Rest	20 min	25 min	Rest
WEEK 3	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 3	20 min	25 min	20 min	Rest	20 min	25 min	Rest
WEEK 4	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 4	25 min	25 min	25 min	Rest	25 min	25 min	Rest
WEEK 5	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 5	25 min	30 min	25 min	Rest	25 min	30 min	Rest
WEEK 6	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 6	30 min	30 min	30 min	Rest	30 min	35 min	Rest
WEEK 7	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 7	35 min	35 min	35 min	Rest	35 min	40 min	Rest
WEEK 8	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 8	40 min	45 min	40 min	Rest	40 min	45 min	Rest
WEEK 9	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 9	45 min	50 min	45 min	Rest	45 min	50 min	Rest
WEEK 10	MON	TUE	WED	THURS	FRI	SAT	SUN
WEEK 10	50 min	30 min	55 min	Rest	30 min	60 min	Rest

Disclaimer: This programme is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult with your healthcare provider on any questions or concerns you may have regarding your condition, if relevant. Get clearance from your healthcare provider before starting this walking programme.

# BEFORE STARTING AN EXERCISE PROGRAM



It is important to get examined by your doctor and discuss any limitations you might have.



If you have other chronic conditions, like diabetes or high blood pressure, it is best to have them under control before starting a new exercise program.

Speak to a healthcare professional if you need help with this.



Obese individuals have a higher risk of getting injuries while exercising due to the forces on their joints. If you can't exercise without joint pain, start with non-weight bearing activities like cycling or swimming.

Working on your posture or core strength can also help.



Low intensity

It's preferable to start any exercise you plan on doing at a low intensity and building up gradually.

Don't put too much pressure on yourself - with consistency you will improve.