

Outdoor Walking

Start a walking program!

If you have been thinking about starting a walking program then this is for you. In just ten weeks you will feel like a new person, so get your walking shoes out today and walk your way to a fitter slimmer and healthier you!



- *Weeks One and Two* – walk for 15 minutes at your normal pace for 3 times a week
- *Weeks Three and Four* – Walk for 10 minutes on your outward journey at your normal pace, then walk **briskly** back home. Time yourself and try and get home in less than 10 minutes (don't overdo it, just try walking briskly). Note down how you are doing. Do this 3 times a week
- *Weeks Five and Six* – Increase your outward journey to twelve or fourteen minutes at your normal pace and aim to get back in less – don't run, just stride purposefully as if you were late for an appointment. Do this 3 times a week.
- *Weeks Seven and Eight* Increase your outward journey time to 15 minutes and after 10 minutes start to walk briskly and then walk briskly home. Walking 4 times a week if possible(or at least 3).
- *Weeks Nine and Ten* –Walk at your normal pace for the first five minutes of your outward journey and then walk briskly for 10 minutes and all the way back. Do this 4 or 5 times a week

Try to take one **longer walk** in the week.

If you can't fit in a 30 minute walk one day - then don't worry just try doing two shorter ones instead - it is often possible to walk in your lunch hour or even your tea break.

By the end of the 10 weeks you should have built up a walking routine that can fit into your life forever–

Enjoy your walking !