

Walk yourself fit

10-WEEK PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		3 x 10min walks throughout the day	3 x 10min walks throughout the day		3 x 10min walks throughout the day	3 x 10min walks throughout the day	2 x 15min walks throughout the day
Week 2	2 x 15min walks throughout the day		2 x 15min walks throughout the day	1 x 20min + 1 x 10min walk throughout the day	1 x 20min + 1 x 10min walk throughout the day		1 x 30min walk
Week 3	1 x 30min walk	1 x 30min walk	1 x 30min walk		1 x 35min walk	1 x 35min walk	1 x 35min walk
Week 4	1 x 35min walk + 4 lots of stairs		1 x 35min walk + 4 lots of stairs	1 x 35min walk + 4 lots of stairs	1 x 35min walk + 4 lots of stairs		1 x 35min walk + 4 lots of stairs
Week 5	1 x 40min walk with 4 hills	1 x 40min walk with 4 hills	1 x 40min walk with 4 hills		1 x 40min walk with 4 hills	1 x 40min walk with 4 hills	
Week 6	1 x 40min walk with 4 x 1min jogs every 9min	1 x 40min walk with 4 x 1min jogs every 9min		1 x 40min walk with 4 x 1min jogs every 9min	1 x 40min walk with 4 x 1min jogs every 9min		1 x 40min walk with 4 hills
Week 7	1 x 45min walk with 20 metres of walking lunges every 15mins	1 x 45min walk with 20 metres of walking lunges every 15mins	1 x 45min walk with 20 metres of walking lunges every 15mins		1 x 45min walk	1 x 45min walk with 20 metres of walking lunges every 15mins	1 x 45min walk
Week 8	1 x 50min walk		1 x 50min walk with 20 metres of walking lunges every 10min	1 x 50min walk with 20 metres of walking lunges every 10min	1 x 50min walk with 20 metres of walking lunges every 10min		1 x 55min walk
Week 9	1 x 55min walk	1 x 55min walk with 1min jog every 10min up until 50min		1 x 55min walk	1 x 55min walk with 1min jog every 10min up until 50min	1 x 55min walk with hills and stairs	
Week 10	1 x 60min walk	1 x 55min walk with 1min jog every 10min up until 50min	1 x 60min walk		1 x 60min walk with hills and stairs		1 x 60min walk