

# 4 WEEK POWER WALKING PLAN



Walking is a great way to get fit, burn calories and clear your mind. Trying to fit in work, family life and caring for a loved one can take its toll on your health but short bursts of regular exercise will boost mental wellbeing and improve fitness, making it easier to care for a loved one.

The exercise sessions below are deliberately short, so they can be fitted in around your other commitments. This four-week walking plan only takes 15-minutes three times a week with the option of adding two extra sessions if you have time. This is just a guide. Some weeks you might struggle to find time and that's OK! Don't beat yourself up if you miss a session, just pick yourself up and continue.

## WEEK 1: Get started

**BONUS SESSIONS:** If you have time, add one or two extra 15-minute steady pace walking sessions.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1	15 mins steady pace		15 mins steady pace			15 mins steady pace	

## WEEK 2: Step it up

**BONUS SESSIONS:** If you have time, add one or two extra 15-minute steady pace walking sessions.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 2	Start with 1 min steady pace (approx 3 mph) followed by 1 min brisk walking (4 mph) Repeat x 8		Start with 1 min steady pace (approx 3 mph) followed by 1 min brisk walking (4 mph) Repeat x 8			Start with 1 min steady pace (approx 3 mph) followed by 1 min brisk walking (4 mph) Repeat x 8	

## WEEK 3: Keep up the momentum

**BONUS SESSIONS:** If you have time, add one extra 15-minute steady pace walking session and one 1-minute interval session.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 3	Start with 1 min steady pace (approx 3 mph) followed by 2 mins brisk walking (4 mph) Repeat x 5		Start with 1 min steady pace (approx 3 mph) followed by 2 mins brisk walking (4 mph) Repeat x 5			Start with 1 min steady pace (approx 3 mph) followed by 2 mins brisk walking (4 mph) Repeat x 5	

## WEEK 4: Reap the benefits

**BONUS SESSIONS:** If you have time, add one extra 15-minute steady pace walking session and one interval session either from week two or three.

WEEK/DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 4	Start with 2 mins steady pace (approx 3 mph) followed by 3 mins brisk walking (4 mph) Repeat x 3		Start with 2 mins steady pace (approx 3 mph) followed by 3 mins brisk walking (4 mph) Repeat x 3			Start with 2 mins steady pace (approx 3 mph) followed by 3 mins brisk walking (4 mph) Repeat x 3	