

Walking Program

This six-week walking program gradually increases the time of your walks to allow you to progress to 30 minutes of walking. Health experts have found 30 minutes of regular to moderate walking daily is effective in improving overall health and reducing the risk of disease. You will always want to begin at an easy pace for 3-5 minutes and perform stretches.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Week 1	Easy Walk 5-10 min Stretch 2 min Easy Walk 5-10 min	Easy Walk 10-15 min	Easy Walk 5-10 min Stretch 2 min Easy Walk 5-10 min	Easy Walk 10-15 min	Rest	Easy Walk 15-20 min
Week 2	Easy Walk 5-10 min Stretch 2 min Brisk Walk 5-10 min	Easy Walk 10-15 min	Easy Walk 10-15 min Stretch 2 min Brisk Walk 5-10 min	Easy Walk 10-15 min	Rest	Easy Walk 15-20 min
Week 3	Easy Walk 5-10 min Stretch 2 min Brisk Walk 5-10 min	Easy Walk 15-20 min Stretch 2 min	Easy Walk 10-15 min Stretch 2 min Brisk Walk 5-10 min	Easy Walk 15-20 min Stretch 2 min	Rest	Easy Walk 15-20 min
Week 4	Easy Walk 10-15 min Brisk Walk 5-10 min Stretch 2 min	Easy Walk 15-20 min Stretch 2 min	Easy Walk 10-15 min Brisk Walk 5-10 min Stretch 2 min	Easy Walk 15-20 min Stretch 2 min	Rest	Brisk Walk 20-25 min
Week 5	Easy Walk 10-15 min Brisk Walk 10-15 min Stretch 2 min	Easy Walk 25-30 min Stretch 2 min	Easy Walk 10-15 min Brisk Walk 10-15 min Stretch 2 min	Easy Walk 25-30 min Stretch 2 min	Rest	Easy Walk 25-30 min
Week 6	Easy Walk 15-20 min Power Intervals: Power 30 sec Easy Walk 1 min <i>Repeat 4-6 times</i> Easy Walk 3-5 min	Brisk Walk 20-30 min	Easy Walk 30-35 min Stretch 2 min	Easy Walk 25-30 min Stretch 2 min	Rest	Easy Walk 25-35 min

STEP 1



STEP 2



Standing Hamstring Stretch with Step

REPS: 2 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing upright with your heel placed in front of you on a step and your hands resting on your hips.

Movement

Slowly bend forward at your hips until you feel a gentle stretch in the back of your thigh. Hold this position.

Tip

Make sure to keep your back straight and maintain a slight bend in your stance leg. Avoid bouncing during the stretch.

STEP 1



STEP 2



Gastroc Stretch on Wall

REPS: 2 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

STEP 1



STEP 2



STEP 3



Standing Hip Flexor Stretch

REPS: 2 | HOLD: 20 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a staggered stance position with your hands resting on your hips and the leg you are going to stretch positioned behind your body.

Movement

Keeping your back straight and upright, squeeze your buttock muscles and slowly shift your weight forward until you feel a gentle stretch in the front of your hip.

Tip

Make sure to keep your hips and shoulders facing forward and do not arch your low back during the stretch.