

Sample Walking Program

	Warm Up	Walk	Cool Down	Total Time
Week 1*	Walk slowly 5 minutes	Walk Briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Week 2*	Walk slowly 5 minutes	Walk Briskly 7 minutes	Walk slowly 5 minutes	17 Minutes
Week 3*	Walk slowly 5 minutes	Walk Briskly 9 minutes	Walk slowly 5 minutes	19 Minutes
Week 4*	Walk slowly 5 minutes	Walk Briskly 11 minutes	Walk slowly 5 minutes	21 Minutes
Week 5*	Walk slowly 5 minutes	Walk Briskly 13 minutes	Walk slowly 5 minutes	23 Minutes
Week 6*	Walk slowly 5 minutes	Walk Briskly 15 minutes	Walk slowly 5 minutes	25 Minutes
Week 7*	Walk slowly 5 minutes	Walk Briskly 18 minutes	Walk slowly 5 minutes	28 Minutes
Week 8*	Walk slowly 5 minutes	Walk Briskly 20 minutes	Walk slowly 5 minutes	30 Minutes

* Do every day of the week

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age,

disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.