

12 Week Beginner Walking Exercise Program: Start Moving

WEEK	WARM UP (minutes)	BRISK WALKING (miles)	COOL DOWN (minutes)	NUMBER of DAYS per WEEK
1	5	1	5	3 (M/W/F)
2	5	1.25	5	3
3	5	1.25	5	3
4	5	1.5	5	3
5	5	1.5	5	3
6	5	1.75	5	3
7	5	1.75	5	3
8	5	2	5	3
9	5	2	5	3
10	5	2.25	5	3
11	5	2.25	5	3
12	5	2.5	5	3