

12 Week Advanced Walking Exercise Program: Get Your Move On

WEEK	WARM UP (minutes)	BRISK WALKING (minutes)	COOL DOWN (minutes)	TOTAL EXERCISE TIME (minutes)	NUMBER of DAYS per WEEK
1	5	M/W/F 25/20/25	5	M/W/F 35/30/35	3 (M/W/F)
2	5	M/W/F 25/20/30	5	M/W/F 35/30/40	3
3	5	M/W/F 25/20/35	5	M/W/F 35/30/45	3
4	5	M/W/F 25/20/40	5	M/W/F 35/30/50	3
5	5	M/W/F 25/20/45	5	M/W/F 35/30/55	3
6	5	M/W/F 30/25/45	5	M/W/F 40/35/55	3
7	5	M/W/F 35/30/45	5	M/W/F 45/40/55	3
8	5	M/W/F 40/35/45	5	M/W/F 50/45/55	3
9	5	M/W/F 45/40/45	5	M/W/F 55/50/55	3
10	5	M/W/F 45/40/50	5	M/W/F 55/50/60	3
11	5	M/W/F 50/45/55	5	M/W/F 60/55/65	3
12	5	M/W/F 55/50/60	5	M/W/F 65/60/70	3