

12 Week Intermediate Walking Exercise Program: Kick it Up

WEEK	WARM UP (minutes)	BRISK WALKING (minutes)	COOL DOWN (minutes)	TOTAL EXERCISE TIME (minutes)	NUMBER of DAYS per WEEK
1	5	10	5	20	3 (M/W/F)
2	5	15	5	25	3
3	5	20	5	30	3
4	5	20	5	30	3
5	5	25	5	35	3
6	5	30	5	40	3
7	5	30	5	40	3
8	5	35	5	45	3
9	5	40	5	50	3
10	5	40	5	50	3
11	5	45	5	55	3
12	5	45	5	55	3