

10-week walking programme...

WEEK

MONDAY - FRIDAY

SATURDAY OR SUNDAY

1-2

To begin, just aim to walk a little more as part of your daily routine. Get used to walking more, regardless of distance. Try getting off the bus one stop earlier, or walking one way to the shops and getting a bus or taxi back.

3-4

🕒 10-15 mins

The aim of weeks 3-4 is to make sure that each day you complete at least one walk that is 10 minutes continuous duration. So time yourself and try not to stop for ten minutes. This may sound easy, but think about the times you usually stop for a breather!

5-6

🕒 2 walks of 15 mins+

For weeks 5-6, you should be aiming for the 30 minutes a day that experts recommend for health benefits. But don't worry, this can be taken in two bouts of 15 minutes across the day. So either try a walk in the morning and one at night or, if your schedule allows, find somewhere about 3/4 mile away and walk there and back in one go.

7-8

🕒 2 walks of 15 mins+

Pace is the key to this week. Aim to do at least one of your walks at a brisk pace – without over-exerting yourself. You should aim to feel a little warmer and get your heart beating slightly faster.

9-10

🕒 30 minutes brisk walking

For the final week, the target is 30 minutes of brisk walking on most days of the week. This can be in two sessions, but if you can do this in one 30-minute walk, so much the better. This level of walking will have a significant effect on your health and fitness.

🕒 20-30 mins

This is your chance to vary your walk a little. Try a different route than your usual weekday one, go to a nearby park or take the opportunity to walk to see some friends.

Try a slightly longer walk on one of the weekend days. Weekends are great for family walks in the country, along a river or in a park. And there are always tempting pubs or cafés if you need a rest!

🕒 30 minutes

In preparation for weeks 7-8, try upping the pace a little on your weekend walk. You should aim to walk briskly, without over-exertion. Imagine you're late for a meeting...

🕒 30 mins - 1 hour

Try a longer walk on one of the weekend days – especially if you can get into the countryside. Don't worry about the pace too much but enjoy the scenery and the relaxing effect of regular aerobic exercise.

🕒 1 hour+?

Now you're a fit and healthy walker, the sky's the limit! National parks, day-long walks, even hillwalking, it's all possible. Just take it easy and enjoy your new-found fitness and vitality.

...keep it up!