



**ramblers scotland**  
at the heart of walking

# 12 Week Walk Plan

**The Ramblers Scotland guide to walking for health and fitness.**

Hippocrates, who is the forefather of modern medicine, once said “Walking is a man’s best medicine”. It’s true, it’s an excellent natural exercise that can help you stay healthy and live longer, control your weight, keep you happy, help you enjoy time with friends and family, enable you to learn more about your local area and even look after the environment.

For general good health, adults should walk at least **30 minutes a day on at least five days a week**. This doesn’t have to be done in one walk; it can be split into two or three shorter walks. Children should be physically active for at least 60 minutes a day, every day.

Doctors agree that moderate exercise like walking helps protect the body from many illnesses and conditions, including heart disease and stroke, high blood pressure, osteoarthritis, obesity, the most common type of diabetes and many cancers.

It’s also a great way to relieve stress and stay happy: exercising outdoors, especially in green spaces, can help fight depression and improve mental health.

## Make it brisk!

All walking is good exercise but brisk is best, especially for your heart and lungs. Imagine you’re hurrying to a meeting. You’re walking briskly when:

- Your heart beats faster than normal but without racing.
- Your breathing is deeper than normal but you can still talk while you walk.
- You feel a warm glow.

You may find it easier to start your walk at an easy pace and build up to a brisk one, slowing down to an easy pace again at the end.

### Fact

Brisk is best, but every bit counts – even leisurely strolls around the garden.

### Fact

Regular walking reduces the risk of coronary heart disease by up to 50%.

### Fact

Walking a mile uses roughly the same amount of calories as running a mile.

**Pages 4 to 7 show your 12 Week Walk Plan: you can print these pages to take with you.**



[www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland)



## Use the 12 Week Walk Plan to help you get more active by walking briskly for at least half an hour on at least five days of the week, for example...

### Week 1-2

Just aim to walk a little more as part of your daily routine. Try walking to a bus stop slightly further from home, or walking one way to the shops and getting a bus back. Get into the habit of walking up stairs and up escalators. Saturday or Sunday - This is your chance to vary your walk a little. Try a different route, go to visit friends or a nearby park.

### Week 3-4

Aim to do at least one walk of ten minutes on three days a week. Time yourself and try not to stop for ten minutes. On Saturday or Sunday you can do 20-30 mins. Try a slightly longer walk in pleasant streets, a park or along a river or a canal.

### Week 5-6

2 x 10-15 mins. Add another walk of 10-15 minutes on two or three days of the week. Perhaps one in the morning and one at night. On Saturday or Sunday try 30 mins. Do at least one 30 minute walk in pleasant surroundings but walk briskly for most of the way.

### Week 7-8

2 x 15 mins. Try to walk for 15 minutes twice a day on every day this week. Now you're reaching the amount of exercise doctors recommend for good health. On Saturday or Sunday, try walking briskly for at least 30 minutes on your weekend walk.

### Week 9-10

2 x 15 mins. Don't worry if you're slipping behind ... use these weeks to catch up. Aim at two walks of 15 mins each day, walking briskly on at least one of them. Saturday or Sunday - Try a longer walk of up to 60 minutes on one day a week. Look for pleasant surroundings, relax and enjoy!

### Week 11-12

30 mins. Aim for 30 minutes of brisk walking each day. This can be in two sessions, but one session is better still. You've now reached the level doctors recommend for good health. Saturday or Sunday - Now you're a fit and healthy walker, enjoy your new found freedom by going further from home.

## Getting started

Use the Walking Plan to record your daily walking and monitor your progress. There's space to keep a note of how much time you've spent walking each day and extra space to note places where you walked and things you particularly enjoyed.

### Recording steps

Also on the plan there is space for recording the number of steps you've done every day. To do this you will need a step counter - a pedometer or a Step-O-Meter. You can buy a pedometer from a high street shop or you can download a free pedometer app on your phone. Don't forget to keep your step counter on all day and aim for 10,000 steps a day. You don't have to use a step counter, you can just note down walking times instead.

### How far have I walked?

The table below helps you convert between walking time, distance and steps. Note it's only a rough guide with rounded figures based on a walking speed of 4km (2½ miles) an hour and an average length of stride (1,250 steps per km or 2,000 steps per mile). The exact figures for you will depend on the length of your legs, your walking style and ability and how fast you feel like walking that day.

Walking time minutes	Steps	Distance	
		miles	km
10	900	½	0.7
15	1,250	¾	1
25	2,000	1	1.6
30	2,500	1¼	2
35	3,000	1½	2.4
45	3,750	1¾	3
50	4,000	2	3.2
60	5,000	2½	4
90	7,500	3¾	6
120	10,000	5	8

See the example on the next page on how to fill in your 12 Week Walk Plan



**Here is an example of how to fill in one week of the 12 Week Walk Plan.**

**It will help you to record your daily walking and monitor your progress.**

Week 1	My walking goal this week: <i>Walk for 15 minutes, 3 times this week</i>		
	Minutes	Your walk	Steps
Monday	15	<i>Walked to shops</i>	2250
Tuesday	20	<i>Walked kids to school</i>	3000
Wednesday	5	<i>Stayed in</i>	900
Thursday	60	<i>Walked all the way to Oak Park!</i>	7000
Friday	5	<i>Got off bus at a stop early</i>	1700
Saturday	80	<i>Riverside walk with kids</i>	10,050
Sunday	15	<i>Walked to cinema and back</i>	2300
My favourite walk this week: <i>Walking to Oak Park!</i>			

## What people are saying

"I've always struggled with my weight. I've tried everything from starvation to aerobics with little long term success. When I reached 11 stone I was horrified and realised I'd have to make some serious changes. I tried Weight Watchers but it didn't work for me so I began walking to and from work, an hour each way. My friends and colleagues thought I was demented but it paid off – over a two year period I lost two stone. I found I could eat whatever I liked and stopped being obsessed with food – that was the biggest liberation. Six years later and my only fluctuation is between eight and a half and nine stone! Walking really works for me because I can fit it into my day easily. It costs nothing, helps me deal with the stress of the day and it has freed me from crazy diets". Sharon

"I really love walking and feel all the better for it. I tend to go out for a walk after I get home from work, I find it helps me to unwind - my mind becomes quieter and my body has a chance to stretch out after a long day of mostly sitting. I love being out in the fresh air and am really nourished by the ever changing natural environment around me." Jean

"Over the last few months I have lost over a stone and have no doubt that walking has helped me achieve my goals. I walk regularly at least four times a week – it's a very social activity with the added bonus of helping me to stay fit and healthy. Now I'm always desperate to get out and every time I want to walk a little bit further and faster. In short, walking is magic!" Chrissie

**Pages 4 to 7 show your 12 Week Walk Plan: you can print these pages to take with you. Happy walking!**



<b>Week 1</b>	Suggestion: Walk more as part of your daily routine. Walk up stairs and escalators.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 2</b>	Suggestion: Walk to a station or bus stop further from home on daily journeys. Visit the park at weekends.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 3</b>	Suggestion: Walk for at least 10 minutes three days this week. Time yourself and try not to stop on the way.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 4</b>	Congratulations! You have completed four weeks of regular walking. So now... keep walking!		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 5</b>	Suggestion: Add another walk of 10-15 minutes on two or three days, one in the morning and one at night.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 6</b>	Suggestion: Find a peaceful attractive place for a weekend walk, and try to walk briskly most of the way.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 7</b>	Suggestion: Walk for 15 minutes twice a day every day, with a 30 minute brisk walk at the weekend.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 8</b>	Suggestion: Walk for 15 minutes twice a day and you're reaching the level doctors recommend for good health.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 9</b>	Suggestion: Take two walks of 15 minutes every day, walking briskly on at least one of them.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 10</b>	Suggestion: Try a longer walk of up to 60 minutes in pleasant surroundings one day this week.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 11</b>	Suggestion: Aim for 30 minutes of brisk walking every day, in a single session if you can.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			

<b>Week 12</b>	Suggestion: Now you're a fit and healthy walker, enjoy your new-found freedom by exploring further from home.		
	My walking goal this week:		
	Minutes	Your walk	Steps
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
My favourite walk this week:			



**ramblers scotland**  
at the heart of walking

# Congratulations!

You have completed three months of regular walking. Feeling fitter? Healthier? Plenty of stamina? Great! Keep walking - join one of our 55 Ramblers groups in Scotland to keep fit and healthy. We organise a wide range of led walks, from the long to the short and from the easy to the demanding. Most walks are graded for difficulty. To find out more go to our website [www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland) or contact us on **0131 472 7006**

Supported by players of



## Important

For most people, walking is a safe and effective form of exercise and you can start without checking with a doctor. **However, if you're very unfit, are suffering or recovering from serious illness or have any other concerns about your health, discuss this with your doctor before starting the plan.**

### How many calories have I burned?

This depends on your weight, how fit you are, how much time you spend walking, how briskly you walk and how many hills you climb. The table below gives a rough measurement of calories (energy) burned for a **person of average fitness weighing 10 stone (65kg) walking for 30 minutes.**

The more you weigh, the more calories you burn. The fitter you are, the fewer calories you burn as your body works more efficiently. If these figures look low, don't forget your body uses up calories all the time, not just when you're walking.

Walking for 30 minutes	Energy	
	Calories (kcal)	kilojoules (kJ)
Moderately briskly on flat path	150	630
Fast on flat path	180	755
Fast uphill	225	945

[www.ramblers.org.uk/scotland](http://www.ramblers.org.uk/scotland)

**Ramblers Scotland** Caledonia House, 1 Redheughs Rigg, Edinburgh, EH12 9DQ. t. 0131 472 7006 e. [scotland@ramblers.org.uk](mailto:scotland@ramblers.org.uk)

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492). Registered office: 2nd floor, CamelfordHouse, 87-90 Albert Embankment, London SE1 7TW