

# 12-Week Walking Plan for Beginners

The goal of this 12-Week Walking Plan for Beginners is to move you toward walking for 30-60 minutes, 5-7 days a week.<sup>1</sup> Check with your health care provider before you start any exercise program.

	WARM UP	ACTIVITY*	COOL DOWN	TOTAL TIME	PROGRESS <input checked="" type="checkbox"/>
<b>WEEK 1</b> 3 times per week (Alternate days)	Walk slowly 5 min	Walk briskly 5 min	Walk slowly 5 min	15 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 2</b> 3 times per week	Walk slowly 5 min	Walk briskly 7 min	Walk slowly 5 min	17 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 3</b> 3 times per week	Walk slowly 5 min	Walk briskly 9 min	Walk slowly 5 min	19 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 4</b> 3 times per week	Walk slowly 5 min	Walk briskly 11 min	Walk slowly 5 min	21 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 5</b> 4 times per week	Walk slowly 5 min	Walk briskly 13 min	Walk slowly 5 min	23 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 6</b> 4 times per week	Walk slowly 5 min	Walk briskly 15 min	Walk slowly 5 min	25 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 7</b> 4 times per week	Walk slowly 5 min	Walk briskly 18 min	Walk slowly 5 min	28 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 8</b> 4 times per week	Walk slowly 5 min	Walk briskly 20 min	Walk slowly 5 min	30 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 9</b> 5 times per week	Walk slowly 5 min	Walk briskly 23 min	Walk slowly 5 min	33 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 10</b> 5 times per week	Walk slowly 5 min	Walk briskly 26 min	Walk slowly 5 min	36 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 11</b> 5 times per week	Walk slowly 5 min	Walk briskly 28 min	Walk slowly 5 min	38 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>WEEK 12</b> 5 times per week	Walk slowly 5 min	Walk briskly 30 min	Walk slowly 5 min	40 min	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

\*As you improve your fitness, try to walk within the upper range of your target heart rate zone.

Adapted from National Heart, Lung, and Blood Institute<sup>2</sup> and University of Wisconsin School of Medicine and Public Health<sup>3</sup>

Step into the habit of healthy with a FREE walking program like Walk Across Texas.

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