

BEGINNER INTERVAL WALKING WORKOUT

What to Do	For How Long	Intensity (1-10)
Warm up	5 minutes	3.5
Walk briskly	1 minute	6.5
Walk at a moderate pace	2 minutes	5
Walk as fast as possible	1 minute	7
Walk slowly	2 minutes	4
Walk briskly	1 minute	6.5
Walk at a moderate pace	2 minutes	5
Walk as fast as possible	1 minute	7
Walk slowly	2 minutes	4
Cool down	5 minutes	3.5

Total Workout Time:

22 minutes



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