



Four-Week Intermediate Walking Plan

This four-week program is for the intermediate walker who wants to improve overall health and increase energy. Walks start at 20-30 minutes and gradually increase in both speed and duration. Health experts have found that approximately 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are “Alternate Activity” days. Always start your walk with 3-5 minutes at an easy, warm-up pace.

	Monday	Tuesday (optional)	Wednesday	Thursday	Friday	Weekend Workout (optional)
Week 1	Easy walk: 10-15 min Brisk walk: 10-15 min Stretch: 2 min	Easy walk: 25-30 min Stretch: 2 min	Easy walk: 10-15 min Brisk walk: 10-15 min Stretch: 2 min	Easy walk: 25-30 min Stretch: 2 min	Alternate Activity of your choice: Go dancing, rake leaves, etc. for 20+ min	Easy walk: 25-30 min
Week 2	Total Time: 24-34 min Easy walk : 15-20 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 4-6 times Easy walk 3-5 min	Easy walk: 5 min Brisk walk: 20-25 min Stretch: 2 min	Easy walk: 30-35 min Stretch: 2 min	Easy walk: 5 min Brisk walk: 20-25 min Stretch: 2 min	Alternate activity of your choice for 20-30 min	Easy walk: 5-10 min Brisk walk: 20-25 min
Week 3	Total Time: 26-36 min Easy walk: 15-20 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 5-7 times Easy walk: 3-5 min	Brisk walk: 30-35 min Stretch: 2 min	Total time: 25-30 min Easy walk: 10-15 min Brisk walk: 10 min or include a hill, incline, or stairs in your route Easy walk: 5 min Stretch: 2 min	Brisk walk for 30-35 min Stretch: 2 min	Alternate activity of your choice for 30+ min	Easy walk: 5 min Brisk walk: 20-30 min
Week 4	Total Time: 27-37 min Easy walk: 10 min Brisk walk: 5-10 min Power Intervals Power walk: 30 sec Easy walk: 1 min Repeat 6-8 times Easy walk: 3-5 min	Easy walk: 10 min Brisk walk: 20-30 min and add some high knee marches near the end	Total time: 28-45 min Easy walk: 5-10 min Brisk walk: 20-30 min or include a hill, incline, or stairs in your route Easy walk 3-5 min	Easy walk: 10 min Brisk walk: 20-30 min and add some high knee marches near the end	Alternate activity of your choice for 40+ min	Brisk walk: 30-35 min

Congratulations! Now that you have completed the American Heart Association’s four-week walking program, continue to make walking a regular part of your life. For ongoing health and energy, try to walk at least 30 minutes a day, five days a week. As you’ve learned in this program, vary your speed, course and time to challenge yourself and to keep your program interesting. You’re on your way to a healthier lifestyle!