


Walking Programme – Level 2 Intermediate

Our 6-week regular exercise plan

A six-week programme for anyone who wants to improve their overall health, get fitter and increase energy by walking regularly. It assumes you are mobile and able to walk for at least 10-15 minutes unaided.

Monday, Wednesday and Thursday are the core workout days. Tuesdays and weekends are optional when you are beginning. Fridays are rest days or “Alternative Activity” days. *Feel free to change the days to ones that are more suitable if you prefer.*

 NOTE: Always rest when necessary!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Optional Easy walk: 10–15 mins	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins	REST	Optional Easy walk: 10–15 mins	REST
Week 2	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Optional Easy walk: 10–15 mins	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins	REST	Optional Easy walk: 15–20 mins	REST
Week 3	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Optional Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	REST	Optional Easy walk: 15–20 mins	REST
Week 4	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Optional Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	REST	Optional Brisk walk: 20–25 mins	REST
Week 5	Easy walk: 10–15 min Brisk walk: 10–15 mins Stretch: 2 mins	Optional Easy walk: 25–30 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 10–15 mins Stretch: 2 mins	Easy walk: 25–30 mins Stretch: 2 mins	Alternative activity of your choice: Go dancing, rake leaves for 20+ mins	Optional Easy walk: 25–30 mins	REST
Week 6 Total Time: 24–34 mins	Easy walk: 15–20 mins Power walk: 30 secs Easy walk: 1 min <i>Repeat 4–6 times.</i> Easy walk 3–5 mins	Optional alternative activity of your choice for 20–30 minutes	Easy walk: 30–35 mins Stretch: 2 mins	Easy walk: 25–30 mins Stretch: 2 mins	REST	Optional Easy walk: 25–35 mins	REST

If you are uncertain whether this is the right plan for you, check out our beginners or advanced walking plans for comparison.

