BEGINNER WALKING PROGRAM

**Introduction:** This is a basic walking program designed for beginners who have not exercised in a long time. If you feel tired, feel free to take short breaks during your walk or decrease your pace. Complete the workout 1–3 times per week. Master each walking workout before moving on to the next. Be sure to warm up prior to each workout by moving your body until you break a sweat.

**Workout 1**
- **Breaks:** Take short breaks during the walk
- **Distance:** 1/2 mile
- **Walking time:** 13–18 minutes
- **Approximate pace:** 25–30 minutes per mile
- **Effort:** Target heart rate of 50–60% or RPE of 2–3

**Workout 2**
- **Breaks:** Take fewer breaks than with workout 1
- **Distance:** 1/2 mile
- **Walking time:** 12–17 minutes
- **Approximate pace:** 25–30 minutes per mile
- **Effort:** Target heart rate of 55–65% or RPE 2–3

**Workout 3**
- **Breaks:** Take plenty of short breaks
- **Distance:** 3/4 mile
- **Walking time:** 22–25 minutes
- **Approximate pace:** 25–30 minutes per mile
- **Effort:** Target heart rate 55–65% or RPE 2–4

**Workout 4**
- **Breaks:** Take fewer breaks than with workout 3
- **Distance:** 3/4 mile
- **Walking time:** 20–23 minutes
- **Approximate pace:** 25–30 minutes per mile
- **Effort:** Target heart rate 55–65% or RPE 2–4

**Workout 5**
- **Breaks:** Take a few breaks if needed
- **Distance:** 1 mile
- **Walking time:** 25–32 minutes
- **Approximate pace:** 25–30 minutes per mile
- **Effort:** Target heart rate 60–65%, RPE 2–4

**Notes from your coach:** Be sure to walk in a safe, well light area. A walking buddy may be a great way to keep you on your routine as well. Feel free to contact me if you have any questions and remember to listen to your body.

**Rate of Perceived Exertion (RPE)**

<table>
<thead>
<tr>
<th>RPE</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Maximal Effort Activity: Feels almost impossible to keep going. Completely out of breath and unable to talk.</td>
</tr>
<tr>
<td>9</td>
<td>Very Hard: Very difficult to maintain exercise intensity. Can barely breath and speak a single word.</td>
</tr>
<tr>
<td>7–8</td>
<td>Vigorous Activity: On the verge of becoming uncomfortable. Short of breath and can speak a sentence.</td>
</tr>
<tr>
<td>2–3</td>
<td>Light Activity: Feels like you can maintain for a long time. Easy to breathe. Can easily carry on a conversation.</td>
</tr>
<tr>
<td>1</td>
<td>Very Light Activity: Anything other than sleeping. Watching TV, riding in a car, etc.</td>
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**Together, all the way.**

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EXERCISE

Beginner Walking Program Part 2

Introduction: This is walking program designed for beginners who have completed the beginners program or have been walking regularly. If you feel tired, feel free to take short breaks during your walk or decrease your pace. Complete the workout 1–3 times per week. Master each walking workout before moving on to the next. Be sure to warm up prior to each workout by moving your body until you break a sweat.

Workout 1
Breaks: Take only one break if needed
Distance: 1 mile
Walking time: 25–30 minutes
Approximate pace: 23–28 minutes per mile
Effort: Target heart rate of 60–65% or RPE of 3–4

Workout 2
Breaks: Take only one break if needed
Distance: 1 1/2 mile
Walking time: 30–35 minutes
Approximate pace: 22–25 minutes per mile
Effort: Target heart rate of 60–70 % or RPE 3–5

Workout 3
Breaks: No breaks unless needed
Distance: 1 1/2 mile
Walking time: 30–35 minutes
Approximate pace: 20–23 minutes per mile
Effort: Target heart rate 60–70% or RPE 3–5

Workout 4
Breaks: No breaks unless needed
Distance: 1 mile
Walking time: 20–25 minutes
Approximate pace: 18–22 minutes per mile
Effort: Target heart rate 65–70%, RPE 3–5

Workout 5
Breaks: No breaks unless needed
Distance: 1 3/4 mile
Walking time: 35–40 minutes
Approximate pace: 20–23 min per mile
Effort: Target heart rate 65–70%, RPE 3–5

Notes from your coach: Be sure to walk in a safe, well-lit area. A walking buddy may be a great way to keep you on your routine as well. Feel free to contact me if you have any questions and remember to listen to your body.

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