
WEEKLY WALKING PROGRAM

Get in shape for a walking vacation by following this walking program.

If you walk less than three times per week, increase the fast walk time more slowly than shown here.

	WARM-UP TIME	FAST WALK TIME	COOL-DOWN TIME	TOTAL TIME
WEEK 1	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
WEEK 2	Walk slowly 5 minutes	Walk briskly 8 minutes	Walk slowly 5 minutes	18 minutes
WEEK 3	Walk slowly 5 minutes	Walk briskly 11 minutes	Walk slowly 5 minutes	21 minutes
WEEK 4	Walk slowly 5 minutes	Walk briskly 14 minutes	Walk slowly 5 minutes	24 minutes
WEEK 5	Walk slowly 5 minutes	Walk briskly 17 minutes	Walk slowly 5 minutes	27 minutes
WEEK 6	Walk slowly 5 minutes	Walk briskly 20 minutes	Walk slowly 5 minutes	30 minutes
WEEK 7	Walk slowly 5 minutes	Walk briskly 23 minutes	Walk slowly 5 minutes	33 minutes
WEEK 8	Walk slowly 5 minutes	Walk briskly 26 minutes	Walk slowly 5 minutes	36 minutes
WEEK 9 & BEYOND	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes

Diabetes Self-Management, "Planning an Active Summer" by Richard M. Weil, MEd, CDE

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