



Your Walking Guide... A guide to commencing a twelve week walking programme.

The walking guide detailed on this page is a general guide only and should not to be confused with a specifically tailored programme for each individual. Please ensure you check with your Podiatrist or General Practitioner prior to commencing any exercise programme.

- **MHR = Maximum Heart Rate**

Day	Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	Walk 15-20 minutes at 50-55% of your MHR	Walk 15-20 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR
<b>Tuesday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day off</b>
<b>Wednesday</b>	Walk 15-20 minutes at 50-55% of your MHR	Walk 15-20 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR
<b>Thursday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>
<b>Friday</b>	Walk 15-20minutes at 50-55% of your MHR	Walk 15-20 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR	Walk 25 minutes at 50-55% of your MHR
<b>Saturday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day off</b>	<b>Day Off</b>
<b>Sunday</b>	Walk 2 - 3km	Walk 2.5 - 3km	Walk 3 - 4km	Walk 3.5 - 4km

Day	Week 5	Week 6	Week 7	Week 8
<b>Monday</b>	Walk 30 minutes at 60-65% of your MHR	Walk 35 minutes at 60-65% of your MHR	Walk 40 minutes at 60-65% of your MHR	Walk 45 minutes at 60-65% of your MHR
<b>Tuesday</b>	Walk 30 minutes at 60-65% of your MHR	Walk 35 minutes at 60-65% of your MHR	Walk 40 minutes at 60-65% of your MHR	Walk 45 minutes at 60-65% of your MHR
<b>Wednesday</b>	Walk 30 minutes at 60-65% of your MHR	Walk 35 minutes at 60-65% of your MHR	Walk 40 minutes at 60-65% of your MHR	Walk 45 minutes at 60-65% of your MHR
<b>Thursday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>
<b>Friday</b>	Walk 30 minutes at 60-65% of your MHR	Walk 35 minutes at 60-65% of your MHR	Walk 40 minutes at 60-65% of your MHR	Walk 45 minutes at 60-65% of your MHR
<b>Saturday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day off</b>
<b>Sunday</b>	Walk 4 - 5km	Walk 4.5 - 5.5km	Walk 5.5 - 6km	Walk 5.5 - 6.5km



Day	Week 9	Week 10	Week 11	Week 12
<b>Monday</b>	Walk 45 minutes at 70-75% of your MHR	Walk 50 minutes at 70-75% of your MHR	Walk 55 minutes at 70-75% of your MHR	Walk 60 minutes at 70-75% of your MHR
<b>Tuesday</b>	Walk 45 minutes at 70-75% of your MHR	Walk 50 minutes at 70-75% of your MHR	Walk 55 minutes at 70-75% of your MHR	Walk 60 minutes at 70-75% of your MHR
<b>Wednesday</b>	Walk 45 minutes at 70-75% of your MHR	Walk 50 minutes at 70-75% of your MHR	Walk 55 minutes at 70-75% of your MHR	Walk 60 minutes at 70-75% of your MHR
<b>Thursday</b>	Walk 45 minutes at 70-75% of your MHR	Walk 50 minutes at 70-75% of your MHR	Walk 55 minutes at 70-75% of your MHR	Walk 60 minutes at 70-75% of your MHR
<b>Friday</b>	Walk 45 minutes at 70-75% of your MHR	Walk 50 minutes at 70-75% of your MHR	Walk 55 minutes at 70-75% of your MHR	Walk 60 minutes at 70-75% of your MHR
<b>Saturday</b>	<b>Day Off</b>	<b>Day Off</b>	<b>Day off</b>	<b>Day off</b>
<b>Sunday</b>	Walk 5km	Walk 5km	Walk 5km	Walk 5km

**Warning: Please consult your Podiatrist or General Practitioner before commencing any exercise programme.**