

[Your Walking Guide... A guide to commencing a twelve week walking programme.](#)

WARNING: This walking guide 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
Monday	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
Tuesday	Day Off	Day Off	Day Off	Day off
Wednesday	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
Thursday	Day Off	Day Off	Day Off	Day Off
Friday	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
Saturday	Day Off	Day Off	Day off	Day Off
Sunday	Walk 2 - 3km	Walk 2.5 - 3km	Walk 3 - 4km	Walk 3.5 - 4km

Day	Week 5	Week 6	Week 7	Week 8
Monday	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
Tuesday	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
Wednesday	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
Thursday	Day Off	Day Off	Day Off	Day Off
Friday	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
Saturday	Day Off	Day Off	Day Off	Day off
Sunday	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
Monday	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
Tuesday	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
Wednesday	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
Thursday	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
Friday	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
Saturday	Day Off	Day Off	Day off	Day off
Sunday	Walk 5km	Walk 5km	Walk 5km	Walk 5km

WARNING

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Christies Beach	8384 7626
Modbury	8265 4130
Unley	8357 0747
Moana	8186 4544
Gawler	8522 4717
Port Lincoln	8683 4374
McLaren Vale	8326 8872