

Invincible Women Fitness Academy

Beginner's Walking Program

Your program is largely going to depend on your starting point. You may have a hard time getting around the block. That's OK. Start there. You want to make sure that you challenge yourself, but you don't want to injure yourself, either. That's why starting slow is the best thing.

DISCLAIMER: Always check with your doctor before starting any physical activity program.

This is for complete beginners starting a walking program. Early on, you're going to start small and then build up your time and mileage over time. The goal of this program is to get you to walk for 60 minutes. At this point, we're not concerned about the distance you travel, just the time.

As you progress into the intermediate/advanced program, you can experiment with your walking pace.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	15 minutes	Rest/Stretch	15 minutes	Rest/Stretch	15 minutes	Easy walk for 10 minutes or other activity	Rest
Week 2	20 minutes	Rest/Stretch	20 minutes	Rest/Stretch	20 minutes	Easy walk for 10 minutes or other activity	Rest
Week 3	25 minutes	Rest/Stretch	25 minutes	Rest/Stretch	25 minutes	Easy walk for 10 minutes or other activity	Rest
Week 4	30 minutes	Rest/Stretch	30 minutes	Rest/Stretch	30 minutes	Easy walk for 10 minutes or other activity	Rest
Week 5	35 minutes	Rest/Stretch	35 minutes	Rest/Stretch	35 minutes	Easy walk for 10 minutes or other activity	Rest
Week 6	40 minutes	Rest/Stretch	40 minutes	Rest/Stretch	40 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 7	45 minutes	Rest/Stretch	45 minutes	Rest/Stretch	45 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 8	50 minutes	Rest/Stretch	50 minutes	Rest/Stretch	50 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 9	55 minutes	Rest/Stretch	55 minutes	Rest/Stretch	55 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 10	60 minutes	Rest/Stretch	60 minutes	Rest/Stretch	60 minutes	Easy walk for 10 -20 minutes or other activity	Rest