

Walking plan Fitness - Easy

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
w/c	Week 1	Weighted walk - 8,000 steps	8,000 steps	10,000 steps in 1.5 hours	8,000 steps	10,000 steps in 1.5 hours	Weighted walk - 8,000 steps	Rest
w/c	Week 2	Weighted walk - 8,000 steps	8,000 steps	10,000 steps in 1.5 hours	8,000 steps	8,000 steps in 1 hour	Rest	Weighted walk - 8,000 steps
w/c	Week 3	9,000 steps	10,000 steps in 1.5 hours	9,000 steps	10,000 steps in 1.5 hours	Rest	9,000 steps	Weighted walk - 10,000 steps
w/c	Week 4	10,000 steps in 1.5 hours	9,000 steps	8,000 steps in 1 hour	Rest	9,000 steps	9,000 steps	Rest
w/c	Week 5	11,000 steps in 1 hour 45	9,000 steps	Weighted walk - 10,000 steps	9,000 steps	11,000 steps in 1 hour 45	Rest	9,000 steps
w/c	Week 6	11,000 steps in 1 hour 45	Weighted walk - 10,000 steps	9,000 steps	11,000 steps in 1 hour 45	Rest	9,000 steps	Weighted walk - 10,000 steps
w/c	Week 7	12,000 steps in 2 hours	10,000 steps	12,000 steps in 2 hours	Rest	10,000 steps	Weighted walk - 10,000 steps	10,000 steps
w/c	Week 8	10,000 steps in 1.5 hours	Rest	10,000 steps	10,000 steps in 1.5 hours	Rest	10,000 steps	Rest
w/c	Week 9							
w/c	Week 10							
w/c	Week 11							
w/c	Week 12							

Effort Scale

1-3 Easy up to a gentle pace
 4-5 Able to hold a conversation
 6-7 Getting out of breath
 8-9 Cant talk - uncomfortable
 10 Flat out sprint

Powerwalk

Find a flat route, try and complete the amount of steps in the time indicated, use arms in a power walk - up to a Level 5 to 6.

Weighted Walk

Place 4/5 normal sized food tins, or 5kg worth of weights plates in a backpack - or place 5/6 thick magazines in and wear it while you walk. Should again be a level 5-6 throughout.

Accumulative steps

Wear the pedometer throughout your normal day, and try and exceed the step target indicated through your daily activities.

Distance calculator
 5km = 3.16 miles
 6km = 3.72 miles
 7km = 4.34 miles
 8km = 4.97 miles
 9km = 5.59 miles
 10km = 6.21 miles

