

BEGINNER WALKING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
1	Walk 10 mins (Slow)	Walk 10 mins (Medium)	Walk 10 mins (Medium)	REST	Walk 15 mins (Slow)	Walk 10 mins (Medium)	Walk 20 mins (Slow)
2	REST	Walk 15 mins (Slow)	Walk 15 mins (Slow)	Walk 15 mins (Slow)	REST	Walk 15 mins (Slow)	Walk 25 mins (Slow)
3	REST	Walk 15 mins (Medium)	Walk 15 mins (Medium)	Walk 10 mins (Medium)	Walk 15 mins (Slow)	Walk 10 mins (Medium)	Walk 30 mins (Slow)
4	REST	Walk 10 mins (Fast)	Walk 15 mins (Medium)	Walk 15 mins (Medium)	Walk 20 mins (Slow)	Walk 10 mins (Medium)	Walk 40 mins (Slow)
5	REST	Walk 15 mins (Slow)	Walk 15 mins (Medium)	Walk 15 mins (Medium)	Walk 20 mins (Slow)	Walk 15 mins (Slow)	Walk 30 mins (Slow)
6	REST	Walk 10 mins (Fast)	Walk 15 mins (Medium)	Walk 20 mins (Medium)	Walk 20 mins (Slow)	Walk 10 mins (Fast)	Walk 40 mins (Slow)

Following this 6 week programme is a great way to get started if you are not a regular walker. Here are some tips below on how to build walking into your daily routine.

- If you are driving less than a mile, think about walking the distance instead
- Get off the bus or tube stop a little earlier
- Park the car further away at the supermarket
- Take the stairs instead of the lift
- Enjoy a walking lunch – walk to the park and eat your sandwiches
- Take your work meetings outside instead of being sat in a meeting room

Once you are feeling more confident, why not try the 'Walk to Run' beginners plan or take a look at CSSCs Improve and Explore Walking resources.