

## Walking program - eight weeks

Week one			
	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	10 minutes	10 minutes	10 minutes
<b>Walk - lower leg development</b>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	40 minutes	40 minutes	40 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
<b>Total time</b>	1 hour 10 minutes	1 hour 10 minutes	1 hour 10 minutes
Week two to three			
	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	10 minutes	10 minutes	10 minutes
<b>Walk - lower leg development</b>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	40 minutes	40 minutes	30 minutes
Uphill - 2 - 3 kms per hour	N/A	N/A	20 minutes
Downhill - 5 - 6 kms per hour	N/A	N/A	10 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
<b>Total time</b>	1 hour 10 minutes	1 hour 10 minutes	1 hour 30 minutes
Week four to eight			
	Tuesday	Thursday	Sunday
Warm up and stretch	8 minutes	8 minutes	8 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	10 minutes	10 minutes	10 minutes
<b>Walk - lower leg development</b>			
On heels, toes lifted	3 minutes	3 minutes	3 minutes
On toes, heels lifted	4 minutes	4 minutes	4 minutes
<b>Walk</b>			
Flat terrain - 4,5 kms per hour	40 minutes	30 minutes	50 minutes
Uphill - 2 - 3 kms per hour	N/A	20 minutes	40 minutes
Downhill - 5 - 6 kms per hour	N/A	10 minutes	20 minutes
Stretch and cool down	5 minutes	5 minutes	5 minutes
<b>Total time</b>	1 hour 10 minutes	1 hour 30 minutes	2 hours 20 minutes