

Beginner Health Workout



My Heart. My Life.™

Note: This 12-week program is designed for the beginner walker who wants to improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30+ minutes. Health experts have found that approximately 30 minutes of regular moderate exercise is effective for improving health and reducing the risk of many diseases. Monday, Wednesday and Thursday are the core workout days. Tuesdays and weekends are optional at the beginning, making this workout range from three days per week up to five. Fridays are rest days or “Alternate Activity” days. Pick which days of the week work best for you and your schedule. Regardless of the recommended pace, always start each walk with 3-5 minutes at an easy, warm-up pace.

	Monday	Tuesday (optional)	Wednesday	Thursday	Friday	Weekend Workout (optional)
Week 1	Easy Walk: 5-10 mins Stretch: 2 mins Easy Walk: 5-10 mins	Easy Walk: 10-15 mins NOTE: ALWAYS REST WHEN NECESSARY	Easy Walk: 5-10 mins Stretch: 2 mins Easy Walk: 5-10 mins	Easy Walk: 10-15 mins	Rest	Easy Walk: 15-20 mins (Window shopping is great!)
Week 2	Easy Walk: 5-10 mins Stretch: 2 mins Brisk Walk: 5-10 mins	Easy Walk: 10-15 mins	Easy Walk: 5-10 mins Stretch: 2 mins Brisk Walk: 5-10 mins	Easy Walk: 10-15 mins (remember: rest when necessary)	Rest	Easy Walk: 15-20 mins
Week 3	Easy Walk: 10-15 mins Stretch: 2 mins Brisk Walk: 5-10 mins	Easy Walk: 15-20 mins Stretch: 2 mins	Easy Walk: 10-15 mins Brisk Walk: 5-10 mins Stretch: 2 mins	Easy Walk: 15-20 mins Stretch: 2 mins	Rest	Easy Walk: 20-25 mins (Don't window shop! Keep moving!)



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Week 4 NOTE: THIS IS THE LAST WEEK THAT TUESDAY AND WEEKEND WALKS ARE OPTIONAL.	Easy Walk: 10-15 mins Brisk Walk: 5-10 mins Stretch: 2 mins	Easy Walk: 15-20 mins Stretch: 2 mins	Easy Walk: 10-15 mins Brisk Walk: 5-10 mins Stretch: 2 mins	Easy Walk: 15-20 mins Stretch: 2 mins	Rest	Brisk Walk: 20-25 mins
Week 5	Easy Walk: 10-15 mins Brisk Walk: 10-15 mins Stretch: 2 mins	Easy Walk: 25-30 mins Stretch: 2 mins	Easy Walk: 10-15 mins Brisk Walk: 10-15 mins Stretch: 2 mins	Brisk Walk: 25-30 mins Stretch: 2 mins	Alternate Activity of your choice: Go dancing, rake leaves...for 20+ mins	Easy Walk: 25-30 mins
Week 6	Easy Walk: 10-15 mins Brisk Walk: 15-20 mins Stretch: 2 mins	Easy Walk: 25-35 mins Stretch: 2 mins	Easy Walk: 10-15 mins Brisk Walk: 15-20 mins Stretch: 2 mins	Brisk Walk: 25-30 mins Stretch: 2 mins	Alternate Activity of your choice: 20+ mins	Easy Walk: 25-30 mins



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	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Workout
Week 7	<p>Power Intervals: Total time: 24-34 mins</p> <p>Easy Walk: 15-20 mins</p> <p>Power Intervals: Power Walk: 30 secs Easy Walk: 1 min</p> <p>Repeat 4-6 times</p> <p>Easy Walk: 3-5 mins</p>	<p>Alternate Activity of your choice: 20-30 mins</p>	<p>Eask Walk: 30-35 mins</p> <p>Stretch: 2 mins</p>	<p>Brisk Walk: 25-30 mins,</p> <p>Stretch: 2 mins</p>	<p>Rest</p>	<p>Easy Walk: 25-30 mins</p>
Week 8	<p>Power Intervals: Total time: 24-34 mins</p> <p>Easy Walk: 15-20 mins</p> <p>Power Intervals: Power Walk: 30 secs Easy Walk: 1 min</p> <p>Repeat 4-6 times</p> <p>Easy Walk: 3-5 mins</p>	<p>Easy Walk: 25-30 mins</p> <p>Stretch: 2 mins</p>	<p>Easy Walk: 10-15 mins</p> <p>Brisk walk: 20-25 mins</p>	<p>Brisk Walk: 30-35 mins</p> <p>Stretch: 2 mins</p>	<p>Alternate Activity Day: Activity of your choice: 30+ mins</p>	<p>Easy Walk: 10 mins</p> <p>Brisk Walk: 20-25 mins</p>



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	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Workout
Week 9	<p>Power Intervals: Total time: 21-32 mins</p> <p>Easy Walk: 10-15 mins</p> <p>Power Intervals: Power Walk: 30 secs Easy Walk: 1 min</p> <p>Repeat 5-8 times</p> <p>Easy Walk: 3-5 mins</p>	<p>Easy Walk: 30-35 mins</p> <p>Stretch: 2 mins</p>	<p>Brisk or Hill Walk Total time: 25-30 mins</p> <p>Easy Walk: 10-15 mins</p> <p>Brisk walk: 10 mins or include a hill incline, or stairs in your route</p> <p>Easy Walk: 5 mins</p> <p>Stretch: 2 mins</p>	<p>Brisk Walk: 30-35 mins</p> <p>Stretch: 2 mins</p>	<p>Alternate Activity Day: Activity of your choice: 40+ mins</p>	<p>Brisk Walk: 25-35 mins</p>
Week 10 (BACK TO BASICS WEEK!)	<p>Easy Walk: 25-35 mins</p> <p>Stretch: 2-5 mins</p>	<p>Alternate Activity of your choice: 40+ mins</p>	<p>Easy Walk: 25-35 mins</p> <p>Stretch: 5 mins</p>	<p>Brisk Walk: 25-35 mins</p>	<p>Rest</p>	<p>Easy Walk: 30-40 mins</p>



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	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Workout
Week 11	<p>Power Intervals: Total time: 27-37 mins</p> <p>Easy Walk: 10 mins</p> <p>Brisk Walk: 5-10 mins</p> <p>Power Intervals: Power Walk: 30 secs Easy Walk: 1 min</p> <p>Repeat 6-8 times</p> <p>Easy Walk: 3-5 mins</p>	<p>Easy Walk: 25-35 mins</p> <p>Stretch: 5 mins</p>	<p>Brisk Walk: 25-30 mins Challenge yourself to walk faster than usual or walk slower and wear a weighted backpack.</p> <p>NOTE: DUE TO THE HIGH NUMBER OF ARM SWINGS, CARRYING DUMBBELLS IS NOT RECOMMENDED.</p> <p>Easy Walk: 3-5 mins</p>	<p>Brisk Walk: 25-35 mins</p> <p>Stretch: 5 mins</p>	<p>Alternate Activity Day: Activity of your choice: 40+ mins</p>	<p>Find a park or outdoor trail: Brisk Walk: 30-40 mins</p>



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Week 12	<p>Power Intervals: Total time: 27-37 mins</p> <p>Easy Walk: 10 mins</p> <p>Brisk Walk: 5-10 mins</p> <p>Power Intervals: Power Walk: 30 secs Easy Walk: 1 min</p> <p>Repeat 6-8 times</p> <p>Easy Walk: 3-5 mins</p>	<p>Easy Walk: 10 mins</p> <p>Brisk Walk: 20-30 mins add some high knee marches near the end</p>	<p>Brisk or Hill Walk: Total time: 28-45 mins</p> <p>Easy walk: 5-10 mins</p> <p>Brisk Walk: 20-30 mins or include a hill, incline, or stairs in your routine</p> <p>Easy Walk: 3-5 mins</p>	<p>Easy Walk or Alternate Activity of your choice: 30-45 mins</p>	<p>Rest</p>	<p>Brisk Walk: 30-45 mins</p>

Congratulations! Now that you have completed the AHA 12-week walking program, continue to make walking a regular part of your life. For ongoing health and energy, your goal is to walk a minimum of 30 minutes per day, 5 days a week. As you've learned in this program, vary your speed, course and time to challenge yourself and to keep your program interesting. You're now on your way to a healthier lifestyle!

