

WALK FOR FITNESS!

Target: Walk briskly for 30 minutes

 Begins 26th May  Airdrie Leisure Centre  7pm

Week 1-3

5 minute walk & mobility warm up

Brisk walk

Week 1: 6 mins brisk 3 mins easy

Repeat twice

Week 2: 7 mins brisk, 3 mins easy

Repeat twice

Week 3: 8 mins brisk, 3 mins easy

Repeat twice

5 min easy walk & stretch cool down

Week 7 and 8

Each week:

5 min easy walk & mobility warm up

10 minute brisk walk

7 minute brisk walk

6 minute brisk walk

5 min easy walk & stretch cool down

} 2 min easy walk
in between

Week 4 and 5

Each week:

5 minute walk & mobility warm up

8 minutes brisk

7 min brisk walk

4 min brisk walk

} 2 min easy walk
in between

5 min easy walk & stretch cool down

Week 9

5 min easy walk & mobility warm up

313 minute brisk walk

3 minute brisk walk

12 minute brisk walk

5 min easy walk & stretch cool down

Week 6

5 min easy walk & mobility warm up

9 minute brisk

7 minute brisk walk

6 minute brisk walk

} 2 min easy walk
in between

5 min easy walk & stretch cool down

Week 10

5 min easy walk & mobility warm up

30 minute brisk walk

5 min easy walk & stretch cool down

Repeat each session three times each week with at least one day off inbetween

