

6-Week Walking Plan

WALK TO 10,000 STEPS

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Week 1:

- Aim to walk for at least 30 minutes per day, 5 days per week.
- Start with 5,000 steps per day.
- Incorporate inclines or hills into your route to increase intensity.

Week 2:

- Increase daily steps to 6,000 steps per day.
- Walk for at least 30 minutes per day, 5 days per week.
- Increase intensity by adding intervals of faster-paced walking.

Week 3:

- Increase daily steps to 7,000 steps per day.
- Walk for at least 40 minutes per day, 5 days per week.
- Add strength training exercises, such as lunges or squats, at the beginning or end of your walks.

Week 4:

- Increase daily steps to 8,000 steps per day.
- Walk for at least 45 minutes per day, 5 days per week.
- Incorporate a resistance band into your strength training exercises.

Week 5:

- Increase daily steps to 9,000 steps per day.
- Walk for at least 50 minutes per day, 5 days per week.
- Incorporate hills or stairs into your route to increase intensity.

Week 6:

- Aim to walk for at least 60 minutes per day, 5 days per week.
- Increase daily steps to 10,000 steps per day.
- Incorporate high-intensity interval training (HIIT) into your walks, such as short bursts of sprinting.

