

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	3 miles - steady pace	Relax and stretch	Relax and stretch	9
2	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	4 miles - steady pace	Relax and stretch	Relax and stretch	12
3	5 miles	Relax and stretch	4 miles - picking up the pace	Any other activity	4 miles - increase exertion	Relax and stretch	6 miles - steady pace	19
4	Relax and stretch	5 miles - increase exertion	Any other activity	5 miles - pick up the pace	Any other activity	Relax and stretch	8 miles - steady pace	18
5	Any other activity	5 miles - pick up the pace	Relax and stretch	5 miles - increase exertion	Any other activity	Relax and stretch	10 miles - cover the distance	20

Walk days - start by getting used to regular walking and finding your pace.

Try any other activities; swimming, dancing, kick boxing and pilates all complement Power Walking - whatever you choose, make sure it increases your heart rate.

Give your body a rest on these days but spend a minimum of 15 minutes stretching, make it a daily habit and you will notice a great difference with your walking and flexibility. The fitter and stronger you are, and the more training you do, the better your results!