

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
1	2 miles - steady pace	Relax and stretch	2 miles	Relax and stretch	2 miles	Relax and stretch	2 miles	8
2	Relax and stretch	2 miles	Relax and stretch	3 miles	Relax and stretch	Relax and stretch	3 miles	8
3	Relax and stretch	3 miles - picking up the pace	Any other activity	3 miles	Relax and stretch	Relax and stretch	4 miles - distance	10
4	Relax and stretch	3 miles - increasing speed	Any other activity	3 miles	Relax and stretch	4 miles	Relax and stretch	10
5	6 miles - go the distance	Relax and stretch	3 miles - increase the pace	Any other activity	3 miles	Relax and stretch	Any other activity	12

Walk days - start by just getting into the habit of walking regularly - mix long walks with short walks... try increasing your speed just a little each time you do a short walk. After week 6 why not try interval training, alternating walking fast and slow to increase stamina.

Try any other activity to help increase your stamina and fitness, try swimming, dancing, spin, kick boxing or pilates - enjoyment is the deciding factor! Start off with 15 minutes and build up your time. Choose whatever you enjoy, but make sure you always increase your heart rate.

Take a rest from aerobic activity - but spend 5 - 10 minutes a day having a good stretch. The more you do the more you will want to do and you will really notice a difference with your walking and flexibility.