



WALKING TO POWER HEART RESEARCH

Walking training plan for beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 mins slow pace	Walk 10 medium pace	Walk 10 mins medium pace	Rest	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 20 mins slow pace
2	Rest	Walk 15 mins slow pace	Walk 15 mins slow pace	Walk 15 mins slow pace	Rest	Walk 15 mins slow pace	Walk 25 mins slow pace
3	Rest	Walk 15 medium pace	Walk 15 mins medium pace	Walk 10 mins medium pace	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 30 mins slow pace
4	Rest	Walk 10 fast pace	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 10 mins medium pace	Walk 40 mins slow pace
5	Rest	Walk 15 slow pace	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 15 mins slow pace	Walk 30 mins slow pace

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Rest	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 20 mins medium pace	Walk 20 mins slow pace	Walk 10 mins fast pace	Walk 40 mins slow pace
7	Rest	Walk 15 mins fast pace	Walk 20 mins slow pace	Walk 15 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 40 mins medium pace
8	Rest	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 50 mins medium pace
9	Rest	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 60 mins medium pace
10	Rest	Walk 25 mins fast pace	Walk 15 mins medium pace	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 15 mins medium pace	Walk 60-70 mins medium pace. Enjoy yourself.

FIGHT FOR EVERY HEARTBEAT

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