



## WALKING TO POWER HEART RESEARCH

# Walking training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b>	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 30 mins	Rest	Walk 3 miles slow pace	Walk 8 miles fast pace
<b>2</b>	Walk 3 miles slow pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Cross training 40 mins	Rest	Walk 4 miles fast pace	Walk 10 miles medium pace
<b>3</b>	Walk 3 miles slow pace	Walk 4 miles fast pace	Walk 5 miles medium pace	Cross training 50 mins	Rest	Walk 3 miles fast pace	Walk 12 miles. Start slow then medium pace
<b>4</b>	Walk 3 miles slow pace	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 10 miles fast pace
<b>5</b>	Cross training easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 3 miles fast pace	Walk 12 miles medium pace

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b>	Cross training easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60 mins	Rest	Walk 4 miles slow pace	Walk 15 miles. Start slow then medium pace
<b>7</b>	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60+ mins	Rest	Walk 3 miles fast pace	Walk 10 miles medium pace
<b>8</b>	Cross training easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Cross training 60+ mins	Rest	Walk 4 miles slow pace	Walk 18 miles. Start slow then medium pace
<b>9</b>	Rest	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 4 miles fast pace	Walk 10 miles medium pace
<b>10</b>	Cross training very easy	Walk 5 miles medium pace	Walk 3 miles fast pace	Walk 5 miles medium pace	Rest	Walk 3 miles slow pace	Walk 20 miles medium pace. ENJOY yourself

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