

## **Eight-Week, Beginning Walking Program for Beginner**

*By Ingo Logé*

DO this workout for 30-40 minutes, three to five days per week. Repeat each interval until you have walked for 30 minutes.

- 1) Week 1: Treadmill walking, zero percent grad, three miles an hour.  
Try to walk for 30 minutes, but don't push to hard. Don't progress to week two until you can walk for 30 minutes with out stopping.
- 2) Week 2 : Treadmill walking, alternate between 5 minutes at zero percent grade and five minutes at five percent grade, three miles an hour.
- 3) Week 3 : Treadmill walking, alternate between 3 minutes at 0 % grade and 5 minutes at 5% Grade, Three miles per hour.
- 4) Week 4 : Treadmill walking, alternate between 2 minutes at 0% grade and 7 minutes at 5% grade, three miles per hour.
- 5) Week 5: Treadmill walking, alternate between 1 minute at zero percent grade and 10 minutes at 5% grade; three miles per hour.
- 6) Week 6 : Treadmill walking, alternate between one minute at 0 % grade and 15 minutes at 5% grade; three miles per hour.
- 7) Week 7 : Treadmill walking, alternate between one minute a 0% grade and 20 minutes at 5 % grade; 3 miles per hour
- 8) Week 8 : treadmill walking alternate between one minute at 0% grade and 30 minutes at 5 percent grade; 3 miles per hour.

You can modify and adjust everything that I have written here...speed, time, incline....as you progress make adjustments and don't forger to drink plenty of water and focus on good posture while walking.