

Intermediate Walking Program

17 Week Program Begins

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 1-7	Walk 40 Minutes	Walk 40 Minutes	Walk 45 Minutes
January 8-14	Walk 45 Minutes	Walk 45 Minutes	Walk 50 Minutes
January 15-21	Walk 50 Minutes	Walk 50 Minutes	Walk 55 Minutes
January 22-28 (Recovery Wk)	Walk 40 Minutes	Walk 40 Minutes	Walk 45 Minutes
If new to walking, walk first two weeks on the track or soft service.			