

The 12-Week Walking Plan

NOTE START DATE	BEGINNER			INTERMEDIATE			ADVANCED		
	TIME (MINUTES)	SPEED (MPH)	FREQUENCY (DAYS)	TIME (MINUTES)	SPEED (MPH)	FREQUENCY (DAYS)	TIME (MINUTES)	SPEED (MPH)	FREQUENCY (DAYS)
WEEK 1	5	1	3	10	1.5	3	15	2	3
WEEK 2	7	1.5	3	15	1.5	3	15	2	4
WEEK 3	10	1.5	3	15	2	3	20	2	4*
WEEK 4	10	1.5	4	15	2	4	20	2	5*
WEEK 5	15	1.5	4	15	2	4*	25	2	5*
WEEK 6	15	1.5	5	15	2.5	4*	30	3	5*
WEEK 7	20	1.5	5	25	2.5	5*	35	3	5*
WEEK 8	25	1.5	5	30	3	5*	40	3	5*
WEEK 9	25	1.5	5	35	3	5*	45	3.5	5*
WEEK 10	30	1.5	5	40	3	5*	50	3.5	5*
WEEK 11	30	1.5	5	45	3	5*	60	3.5	5*
WEEK 12	35	1.5	5*	45	3	6*	60	4	5*

* = add an INCLINE