

WALKING WORKOUTS

We realize not everyone can do high intensity exercise for all kinds of reasons. If this applies to you, you may want to consider not just walking for the sake of walking, but actually creating some structure to your walking in order to maximize the benefits you get. Here is a walking plan that can be used. Feel free to adapt to your own needs and circumstances.



Let's be clear though. You will get the best results if you can and will follow the guidelines in the [Special Report: How To Burn Fat In Less Time](#). But if not, now you have a plan.

Monday: Rest day. No walking of significant distance or intensity.

Tuesday: Economy Workout. Warm up for 10 minutes at an easy pace. Then walk as fast as you can for 30 seconds or 200 meters (two city blocks in most cities). After 30 seconds, drop down to an easy pace for 2 minutes. Repeat the 30 seconds speed/2 minutes rest 8-12 times. Cool down with a 10 minute easy pace walk.

Wednesday: Recovery. Easy 3 mile walk at 65-70% of your max heart rate. This is a pace at which you can easily maintain a conversation but are breathing harder than at rest.

Thursday: Threshold Workout #1 - Speed. 10 minute warm up at easy walking pace. Walk fast for 8 minutes or about half of a mile at 85-92% of your max heart rate. Then slow down to an easy pace for 2 minutes. Repeat this for 3-4 repetitions. Cool down for 10 minutes at an easy pace. The threshold pace is strenuous, but one you could maintain throughout a 10 kilometer/6 mile race. You will be breathing very hard and able to speak only in short phrases.

Friday: Recovery. Easy 3 mile walk at 65-70% of your max heart rate.

Saturday: Threshold Workout #2: Steady state or tempo workout. Warm up for 10 minutes at an easy pace. Walk 20-30 minutes at 85% of your max heart rate then cool down with 10 minutes easy pace.

Sunday: Distance Workout. 8-12 kilometers (5-7 miles) at 70-75% of your max heart rate. This is a conversational pace.

Varying your walking workouts will help build different aspects of fitness: speed, endurance, aerobic capacity.