

# Improve your fitness with interval walking

## 20 minute daily walk schedule

### Intensity levels

|  |   |  |
|--|---|--|
| <b>Level 1:</b><br>Normal walking pace | <b>Level 2</b><br>Breathing a bit more heavily and feeling warmer | <b>Level 3</b><br>A little out of breath |
|--|---|--|

#### Week 1

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 4 minutes<br>Level 1 | 4 minutes<br>Level 2 | 4 minutes<br>Level 3 | 4 minutes<br>Level 2 | 4 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

#### Week 2

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 minutes<br>Level 1 | 5 minutes<br>Level 2 | 4 minutes<br>Level 3 | 5 minutes<br>Level 2 | 3 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

#### Week 3

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 minutes<br>Level 1 | 4 minutes<br>Level 2 | 6 minutes<br>Level 3 | 4 minutes<br>Level 2 | 3 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

#### Week 4

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 minutes<br>Level 1 | 4 minutes<br>Level 3 | 6 minutes<br>Level 1 | 4 minutes<br>Level 3 | 3 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

#### Week 5

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 minutes<br>Level 1 | 3 minutes<br>Level 2 | 8 minutes<br>Level 3 | 3 minutes<br>Level 2 | 3 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

#### Week 6

|                      |                      |                      |                      |                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|
| 3 minutes<br>Level 1 | 5 minutes<br>Level 3 | 4 minutes<br>Level 2 | 5 minutes<br>Level 3 | 3 minutes<br>Level 1 |
|----------------------|----------------------|----------------------|----------------------|----------------------|

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# Walking Workout Morning Routine This Week

**R Pring**

A decorative graphic element consisting of a light blue horizontal bar with rounded ends on the left and a semi-circular red gradient shape on the right.

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