



# THE 7-DAY POWER YOUR WALK CHALLENGE ACTIVITY GUIDE

**Walking is the No. 1 fitness activity for two good reasons:** It's effective and it's accessible. But that doesn't necessarily mean it's easy to turn a daily stroll into a true workout. That's where this challenge comes in. We're sharing everything you need to know to level up your walking routine — no matter your current fitness level.

Follow the steps to create your 7-day walking plan. We've also included a sample week to get you started!

For expert nutrition tips, plans for indoor days, and ways to stay motivated, head back to the [SilverSneakers blog](#).



## STEP #1

# PICK YOUR PLAN

## Plan A: Get Started

This plan is for beginners or those who want to focus on making regular walking a habit.

## Plan B: Speed Up

This plan is for regular walkers who are ready for a challenge. Playing with your cadence is a great way to get a stellar workout in the same (or less) time.

## Plan C: Go the Distance

This plan is for experienced walkers who want to build up their endurance, whether you have a big trip coming up or just want to feel stronger longer.

## Plan D: Walk with Assistance

This plan is for those who use a cane or walker, or who just feel a little uneasy on the go.

Check with your doctor before starting any new exercise routine, especially if you have a medical condition or are recovering from surgery or an injury.

## Know Your Terms

### Easy Walk

You should be able to comfortably hold a conversation without getting out of breath.

**Goal treadmill speed:**  
2.5 to 3 mph

### Brisk Walk

You're breathing noticeably harder. You still have enough energy to speak if you want to, but you definitely can't sing.

**Goal treadmill speed:**  
3 to 3.5 mph

### Speed Walk

Now you're cooking with steam. You won't be able to say more than a few words without pausing for a breath.

**Goal treadmill speed:**  
3.5 to 4 mph





Check your SilverSneakers eligibility, find locations, discover online workouts, and more at [SilverSneakers.com](https://www.silversneakers.com)

## Plan A: Get Started

WORKOUT #1: 10-Minute Walk	WORKOUT #2: On/Off	WORKOUT #3: Two-a-Day
10-minute easy walk	<b>Alternate:</b> Easy walk for 2 minutes, stop or slow walk for 1 minute; repeat 5-8 times	Two 5- to 10-minute easy walks spread throughout the day

## Plan B: Speed Up

WORKOUT #1: Hill Repeats	WORKOUT #2: 10-Minute Speed Interval	WORKOUT #3: 30-Minute Progressive Speed Walk
<p><b>Warm-up:</b> Easy walk for 5 to 10 minutes</p> <p><b>Alternate:</b> Brisk walk uphill for 30 seconds, then slowly (and carefully) make your way back down; repeat 5 times</p> <p><b>Cooldown:</b> Easy walk for 5 to 10 minutes</p>	<p><b>Warm-up:</b> Easy walk for 5 to 10 minutes</p> <p><b>Alternate:</b> Speed walk for 1 minute, easy walk for 2 minutes; repeat 5-8 times</p> <p><b>Cooldown:</b> Easy walk for 5 to 10 minutes</p>	<p><b>Minutes 1-10:</b> Easy walk</p> <p><b>Minutes 10-15:</b> Brisk walk</p> <p><b>Minutes 15-20:</b> Speed walk</p> <p><b>Minutes 20-25:</b> Brisk walk</p> <p><b>Minutes 25-30:</b> Easy walk</p>



**CONTINUED**

**FIND YOUR WORKOUTS**

**Plan C: Go the Distance**

<b>WORKOUT #1:</b> The Long Walk	<b>WORKOUT #2:</b> Strength Intervals	<b>WORKOUT #3:</b> Two-A-Day
<p>Add 5 to 10 minutes to your most recent easy walk time.</p> <p>For example, if you’ve been comfortably walking for 30 minutes, make your long walk 35 or 40 minutes.</p>	<p><b>Warm-up:</b> Easy walk for 5 minutes</p> <p><b>Alternate:</b> Brisk walk for 5 minutes, then do non-walking exercises of your choice for 5 minutes; repeat 2 times</p> <p><b>Cooldown:</b> Easy walk for 5 minutes</p> <p><b>Example exercises:</b> squats, side steps, calf raises</p>	<p>Two 15- to 25-minute easy walks spread throughout the day</p>

**Tip:** Building up your total walk time slowly can help reduce injury risk. A good rule of thumb: Add no more than 10 minutes to your longest walk each week.

**Plan D: Walk with Assistance**

<b>WORKOUT #1:</b> Out-and-backs	<b>WORKOUT #2:</b> Close-to-Home Strength Intervals	<b>WORKOUT #3:</b> On/off
<p>Pick a goal location, such as your mailbox, a neighbor’s house or a street sign. Easy walk out to your goal location at a pace that’s right for you, and easy walk back.</p>	<p><b>Alternate:</b> Easy walk for 5 minutes, then do non-walking exercises of your choice for 5 minutes; repeat 1-3 times</p> <p><b>Example exercises:</b> Sit-to-stands in a chair, alternating knee lifts and wall pushups</p>	<p><b>Warm-up:</b> Easy walk for 5 to 10 minutes</p> <p><b>Alternate:</b> Brisk walk for 30 seconds, easy walk for 2 minutes; repeat 4-7 times</p> <p><b>Cooldown:</b> Easy walk for 5 to 10 minutes</p>

### STEP #3

## PUT IT TOGETHER

This sample week is just a guide. Depending on the weather or your to-do list, your week may look different than this. Your only task: Make sure you have one rest or easy day in between workouts, plus strength days. It will ensure you recover well and walk your best!

<b>Day 1</b>	5-minute warm-up + Workout #1 + 6-minute cooldown
<b>Day 2</b>	Strength Train (Try the Walk Tall Strength Circuit <a href="#">here</a> )
<b>Day 3</b>	5-minute warm-up + Workout #2 + 6-minute cooldown
<b>Day 4</b>	<b>Non-Walking Activity</b> Today is about changing up how you move your body. You can swim, garden, or try a new-to-you SilverSneakers LIVE class! <b>Our SilverSneakers LIVE recommendation:</b> <a href="#">Zumba Gold</a> . This beginner-friendly class introduces easy-to-follow Zumba dance moves that focus on balance, range of motion, and coordination — all things that are key for walking! View the online schedule and RSVP <a href="#">here</a> .
<b>Day 5</b>	Strength Train (Try the Walk Tall Strength Circuit <a href="#">here</a> )
<b>Day 6</b>	5-minute warm-up + Workout #3 + 6-minute cooldown
<b>Day 7</b>	<b>Rest or Non-Walking Activity</b> <b>Our SilverSneakers LIVE recommendation:</b> <a href="#">Gentle Stretch (Express)</a> . In this 15-minute class, your expert instructor guides you through a soothing full-body stretching sequence that will help ease tension and aid movement. View the latest online schedule and RSVP <a href="#">here</a> .



### Try a SilverSneakers LIVE Walk Strong Class!

In just 15 minutes, your expert instructor will lead you through moves aimed to ease lower body stiffness, strengthen your stability muscles, and build confidence. View the schedule and RSVP [here](#).