

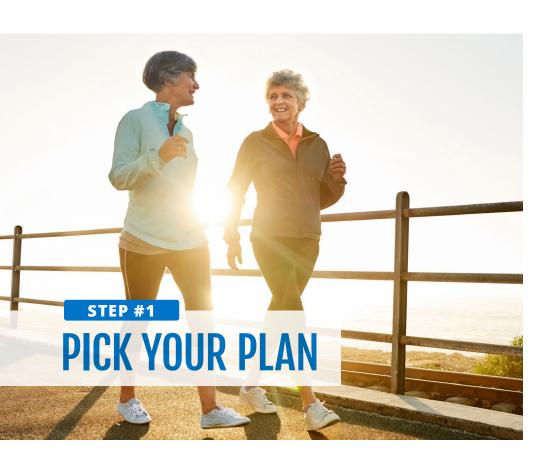


Walking is the No. 1 fitness activity for two good

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 <u>SilverSneakers blog</u>.



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



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eligibility, find
locations, discover
online workouts,
and more at

SilverSneakers.com

Plan A: Get Started

WORKOUT #1:	WORKOUT #2:	WORKOUT #3:
10-Minute Walk	On/Off	Two-a-Day
10-minute easy walk	Alternate: 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
Warm-up: Easy walk for 5 to 10 minutes	Warm-up: Easy walk for 5 to 10 minutes	Minutes 1-10: Easy walk
		Minutes 10-15: Brisk walk
Alternate: Brisk walk uphill	Alternate: Speed walk for	
for 30 seconds, then slowly	1 minute, easy walk for	Minutes 15-20: Speed walk
(and carefully) make your way	2 minutes; repeat 5-8 times	
back down; repeat 5 times		Minutes 20-25: Brisk walk
	Cooldown: Easy walk for 5 to	
Cooldown: Easy walk for 5 to 10 minutes	10 minutes	Minutes 25-30: Easy walk



Plan C: Go the Distance

WORKOUT #1: The Long Walk	WORKOUT #2: Strength Intervals	WORKOUT #3: Two-A-Day
Add 5 to 10 minutes to your most recent easy walk time. For example, if you've been comfortably walking for 30 minutes, make your long walk 35 or 40 minutes.	Warm-up: Easy walk for 5 minutes Alternate: Brisk walk for 5 minutes, then do non-walking exercises of your choice for 5 minutes; repeat 2 times	Two 15- to 25-minute easy walks spread throughout the day
Building up your total walk time wly can help reduce injury risk. bod rule of thumb: Add no more in 10 minutes to your longest walk in week.	Cooldown: Easy walk for 5 minutes Example exercises: squats, side steps, calf raises	

Plan D: Walk with Assistance

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WORKOUT #1: Out-and-backs	WORKOUT #2: Close-to-Home Strength Intervals	WORKOUT #3: On/off
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.	Alternate: Easy walk for 5 minutes, then do non-walking exercises of your choice for 5 minutes; repeat 1-3 times Example exercises: Sit-to-stands in a chair, alternating knee lifts and wall pushups	Warm-up: Easy walk for 5 to 10 minutes Alternate: Brisk walk for 30 seconds, easy walk for 2 minutes; repeat 4-7 times Cooldown: Easy walk for 5 to 10 minutes

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!

Day 1	5-minute warm-up + Workout #1 + 6-minute cooldown
Day 2	Strength Train (Try the Walk Tall Strength Circuit here)
Day 3	5-minute warm-up + Workout #2 + 6-minute cooldown
Day 4	Non-Walking Activity Today is about changing up how you move your body. You can swim, garden, or try a new-to-you SilverSneakers LIVE class! Our SilverSneakers LIVE recommendation: Zumba Gold. 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 here.
Day 5	Strength Train (Try the Walk Tall Strength Circuit <u>here</u>)
Day 6	5-minute warm-up + Workout #3 + 6-minute cooldown
Day 7	Rest or Non-Walking Activity
	Our SilverSneakers LIVE recommendation: Gentle Stretch (Express). 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 here.



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.