







# WALTHAMSTOW HEALTH MINISTRIES

## 4 weeks Walking Exercise Programme



# Benefits of walking

**Strengthen your heart**

**Prevent types 2 diabetes**
**Improves fitness**

## WEEK 1

| Sunday | Tuesday | Thursday |
|---|---|---|
| 20 minutes walk | 30 minutes walk | 20 minutes brisk walk |

# WEEK 2

| Sun | Mon | Wed | Thurs |
|---|---|---|---|
| 30 Mins walk<br>Last 10 mins.<br>Interval training.<br>Fast walk to the next lamp post slow down to the next.<br>Repeat | 30 mins Walk.<br>Record your distance (i.e. Walthamstow to Leyton town hall) | 30 mins walk.<br>Last 15 mins.<br>Interval training.<br>Fast walk to the lamp post, slow down to the next.<br>Repeat | 30 mins walk.<br>Try to get to Leyton town hall in less than 30 minutes |

# WEEK 3

| Sun | Mon | Wed | Thurs |
|---|---|---|---|
| 45 mins Walk. Record your distance | See if you can achieve the same distance in less time | 45 mins walk. (total) 15 mins brisk 30 mins interval. | Same as Wed |





# WEEK 4

| Sun | Mon | Tues | Wed | Thurs |
|---|---|---|---|---|
| Brisk walk for 60 mins. Record your distance | Same as Sunday. Can you beat or equal your distance | Brisk walk for 30 mins. Interval training 30mins | Same as Mon | Same as Tues |




