

| Day | Week 1                                | Week 5                                |
|-----|---------------------------------------|---------------------------------------|
| 1   | 30 minute walk, moderate pace         | 40 minute walk, moderate pace         |
| 2   | Rest day                              | 20 minute walk, fast pace             |
| 3   | 30 minute walk, moderate to fast pace | 30 minute walk, moderate to fast pace |
| 4   | Rest day                              | 20 minute walk, fast pace             |
| 5   | 30 minute walk, moderate pace         | 70 minute walk, moderate pace         |
| 6   | 20 minute walk, fast pace             | 20 minute walk, fast pace             |
| 7   | Rest day                              | Rest day                              |
|     | Week 2                                | Week 6                                |
| 1   | 30 minute walk, moderate pace         | 40 minute walk, moderate pace         |
| 2   | Rest day                              | 30 minute walk, fast pace             |
| 3   | 30 minute walk, moderate to fast pace | 40 minute walk, moderate pace         |
| 4   | Rest day                              | 20 minute walk, fast pace             |
| 5   | 40 minute walk, moderate pace         | 80 minute walk, moderate pace         |
| 6   | 20 minute walk, fast pace             | 20 minute walk, fast pace             |
| 7   | Rest day                              | Rest day                              |
| Day | Week 3                                | Week 7                                |
| 1   | 40 minute walk, moderate pace         | 40 minute walk, moderate pace         |
| 2   | Rest day                              | 30 minute walk, fast pace             |
| 3   | 30 minute walk, moderate to fast pace | 40 minute walk, moderate pace         |
| 4   | Rest day                              | 30 minute walk, fast pace             |
| 5   | 50 minute walk, moderate pace         | 90 minute walk, moderate pace         |
| 6   | 20 minute walk, fast pace             | 20 minute walk, fast pace             |
| 7   | Rest day                              | Rest day                              |
| Day | Week 4                                | Week 8                                |
| 1   | 40 minute walk, moderate pace         | 40 minute walk, moderate pace         |
| 2   | Rest day                              | 30 minute walk, fast pace             |
| 3   | 30 minute walk, moderate to fast pace | 40 minute walk, moderate pace         |
| 4   | 20 minute walk, moderate to fast pace | 30 minute walk, moderate to fast pace |
| 5   | 60 minute walk, moderate pace         | 40 minute walk, moderate pace         |
| 6   | 20 minute walk, fast pace             | Rest day                              |
| 7   | Rest day                              | 10km walk                             |