

Fitness for Life Walking Workout

The American College of Sports Medicine recommends 150 minutes of moderate intensity aerobic physical activity or 80 minutes of vigorous intensity aerobic physical activity each week. Walking is a great way to get aerobic exercise throughout the week. While you walk you can monitor your intensity by [taking your heart rate using your radial pulse](#) or using the [talk test](#). Moderate intensity is categorized as 50%-70% of your maximal heart rate and vigorous intensity is 70%-85%. Your maximal heart rate can be determined by subtracting your age from 220 (220-age). Below there are three different forms of walking workouts that you can follow. First, there is steady state walking which consists of walking at the same pace for the entire duration of the exercise session. Second, there is interval walking which consists of higher intensity portions of exercise followed by recovery periods. Lastly, there is progressive walking which includes continually increasing the intensity of the exercise session.

Steady State Walking

- 5-minute warm-up at a brisk pace
- Begin walking at a brisk pace. Within the first 5 minutes of the walk assess your intensity using the heart rate method or the talk test method.
- Continue walking at the desired intensity for 30 minutes monitoring your intensity periodically
- Cooldown for 5 minutes at a comfortable pace

Interval Walking

Track:

- 5-minute walking warm-up at a brisk pace
- 20 minutes: high intensity walking on the straight portion of the track and recovery on the curve of the track
- High intensity portions should be at an intensity that makes it difficult to hold a conversation. Recovery portions should be self-determined, but brisk enough to remain challenging.
- 5-minute cooldown at a comfortable pace

Track:

- 5-minute walking warm-up at a brisk pace
- 20-minutes: 2 laps of high intensity walking followed by 1 lap of recovery

- High intensity portions should be at an intensity that makes it difficult to hold a conversation. Recovery portions should be self-determined, but brisk enough to remain challenging.
- 5-minute cooldown at a comfortable pace

Treadmill:

- 5-minute warm-up at a brisk pace and no incline
- Choose a speed that is challenging, but can be maintained for steady state exercise
- For 20-30 minutes complete 2:00 stages with 1:30 completed at the steady state pace and 30 seconds completed at a high intensity pace.
- 5-minute cooldown at a comfortable pace and no incline

Treadmill:

- 5-minute warm-up at a brisk pace and no incline
- Choose a speed that is challenging, but comfortable
- For 20-30 minutes choose a low incline (0-3) and walk for 1:30, then choose a higher incline (5+) and walk for 30 seconds. If this is not challenging enough, choose a higher incline or faster pace.
- 5-minute cooldown at a comfortable pace and no incline

Outside:

- 5-minute warm-up at a brisk pace
- Alternate between high and moderate intensity by changing speed. 1:00 of moderate intensity followed by 30 seconds of high intensity.
- Continue for 20 minutes
- Cooldown for 5 minutes at a comfortable pace

Outside:

- Find a large staircase
- 5-minute warm-up at a brisk pace
- Ascend the stairs as quickly as possible and recover by descending the stairs and completing a small recovery loop near the base of the stairs. If this is too difficult, increase the distance of the recovery loop. If this is too easy, decrease the recovery.
- If you only have access to one set of stairs, you may choose to complete multiple sets of stairs before recovering
- Cooldown for 5 minutes at a comfortable pace

Progressive Walking

Treadmill:

Stages include suggested speed and incline values, but adjustments should be made according to your own fitness level.

- Stage 1: 3.0mph 0 incline, 5 minutes
- Stage 2: 3.2mph, 2 incline, 4 minutes
- Stage 3: 3.5mph, 3 incline, 4 minutes
- Stage 4: 3.8mph, 4 incline, 4 minutes
- Stage 5: 4.0mph, 5 incline, 4 minutes
- Stage 6: 3.5mph, 3 incline, 4 minutes
- Stage 7: 3.0mph, 0 incline, 5 minutes

Any location:

- Warm-up for 5 minutes at a brisk pace
- Every 5 minutes increase speed of walking for a total of 20 minutes (4 stages of 5 minutes each)
- Each stage should be monitored by the heart rate or talk test method to ensure that intensity is changing
- Cooldown for 5 minutes at a comfortable pace

Treadmill:

- Warm-up for 5 minutes at a brisk pace
- Begin walking at a comfortable speed
- Assess your intensity using the heart rate or talk test method and make sure you are in the moderate zone
- After 5 minutes have passes increase your speed or your incline to increase intensity
- Continue this pattern for 20 minutes (4 stages of 5 minutes excluding the warm-up)
- Cooldown for 5 minutes at a comfortable pace