

Advanced Program Checklist

Week	# of Walks to complete	# of Walks done
1	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3	4	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
4	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
6	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
7	4-5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
8	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
10	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
12	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
13	5	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Advanced Program					
Week	Walks Per week	Distance	Warm Up	Minutes Walked	Cool Down Time
1	4	2	5 min	35	5 min
2	4	2	5 min	35	5 min
3	4	2.5	5 min	39	5 min
4	4-5	2.5	5 min	43	5 min
5	4-5	2.75	5 min	47	5 min
6	4-5	3	5 min	51	5 min
7	4-5	3.25	5 min	51	5 min
8	5	3.5	5 min	53	5 min
9	5	3.75	5 min	56	5 min
10	5	4	5 min	60	5 min
11	5	4	5 min	60	5 min
12	5	4	5 min	60	5 min
13	5	4	5 min	60	5 min

Note, if you are unsure which program to stat with it is better to begin slow and not over do it.