

Beginner Program Checklist

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

Beginner Program					
Week	Walks Per week	Distance	Warm Up	Minutes Walked	Cool Down Time
1	3	.75	5 min	15	5 min
2	3	1	5 min	20	5 min
3	3	1	5 min	20	5 min
4	3-4	1.25	5 min	25	5 min
5	3-4	1.25	5 min	25	5 min
6	2-4	1.5	5 min	25	5 min
7	3-4	1.5	5 min	25	5 min
8	4	1.75	5 min	30	5 min
9	4	1.75	5 min	30	5 min
10	4	2	5 min	32	5 min
11	4	2	5 min	32	5 min
12	4	2	5 min	32	5 min
13	4	2	5 min	32	5 min

If this is too difficult, or your target heart rate is exceeded, it is advisable that you reduce the distance and time slightly until you are more comfortable and you stay within the target zone. Note, if this program does not allow you to achieve your target heart rate, you may want to move on to the intermediate program.