

# WALK FOR FITNESS!

KEEP SCOTLAND ACTIVE WITH

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## TARGET: WALK BRISKLY FOR 30 MINUTES

Repeat each session three times each week,  
with at least one day off in between

Mobility warm-up and stretch cool down videos with jog leader Lyn Bow are available on YouTube - [click here](#) or visit [www.youtube.com/scottishathletics!](http://www.youtube.com/scottishathletics!)

### Week 1

5 min easy walk & mobility warm up  
Brisk walk for 6 mins, easy walk for 3 mins  
- repeat twice  
5 min easy walk & stretch cool down

### Week 2

5 min easy walk & mobility warm up  
Brisk walk for 7 mins, easy walk for 3 mins  
- repeat twice  
5 min easy walk & stretch cool down

### Week 3

5 min easy walk & mobility warm up  
Brisk walk for 8 mins, easy walk for 3 mins  
- repeat twice  
5 min easy walk & stretch cool down

### Week 4

5 min easy walk & mobility warm up  
1 x 8 min brisk walk  
1 x 7 min brisk walk  
1 x 4 min brisk walk } 2 min easy walk  
in between  
5 min easy walk & stretch cool down

### Week 5

5 min easy walk & mobility warm up  
1 x 8 min brisk walk  
1 x 7 min brisk walk  
1 x 6 min brisk walk } 2 min easy walk  
in between  
5 min easy walk & stretch cool down

### Week 6

5 min easy walk & mobility warm up  
1 x 9 min brisk walk  
1 x 7 min brisk walk  
1 x 6 min brisk walk } 2 min easy walk  
in between  
5 min easy walk & stretch cool down

### Week 7

5 min easy walk & mobility warm up  
1 x 10 min brisk walk  
1 x 7 min brisk walk  
1 x 6 min brisk walk } 2 min easy walk  
in between  
5 min easy walk & stretch cool down

### Week 8

5 min easy walk & mobility warm up  
1 x 10 min brisk walk  
1 x 8 min brisk walk  
1 x 5 min brisk walk } 2 min easy walk  
in between  
5 min easy walk & stretch cool down

### Week 9

5 min easy walk & mobility warm up  
1 x 13 min brisk walk  
1 x 3 min easy walk  
1 x 12 min brisk walk  
5 min easy walk & stretch cool down

### Week 10

5 min easy walk & mobility warm up  
30 minute brisk walk  
5 min easy walk & stretch cool down