

# INTERVAL WALKING

## WORKOUT BEGINNER

If you're looking to get more benefits from your walking, then this is a great program for you.

This guide will help to boost the intensity of your walk – which will increase your heart rate and improve your fitness. Let's get started!



### What do you need?

- A timer



### 5 minute warm-up

During the warm-up, start with an easy walking pace and gradually work your way up to a moderate walking pace (a pace where you can maintain a conversation comfortably, but you're unable to sing any more than a few words without running out of breath).



### 30 second power walk

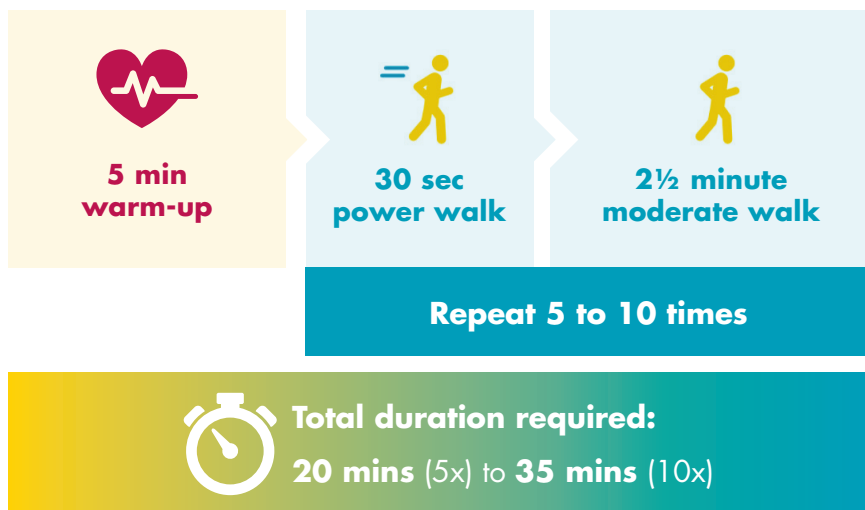
This is your first interval burst! Lengthen your stride and pick up your pace. Make sure you are power walking very fast. You should feel your heart beating faster and notice your breathing getting deeper as well.



### 2½ minute moderate walk (recovery)

Continue with a moderate walking pace (a pace where you can maintain a conversation comfortably, but you're unable to sing any more than a few words without running out of breath).

### Interval Walking Workout – at a glance



### Tips

- Repeat at least 5 times, and up to 10 times. This will take you to a 20 to 35 minute work out in total.
- If this interval program starts to get easy, lengthen the power walk time, or shorten the recovery time.

**Mastered this work out?** Why not try our **Interval Walk/Run Workout** next!

Partner:



Government of Western Australia  
Department of Health

