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## BEGINNER

If you are aiming to get off the couch and start a regular walking routine, then this training guide is ideal for you!

This is a 6-week guide and the idea is to work your way into it, rather than go all out, too soon. Importantly, feel free to tweak whatever you need to make it work for you! Please see the back for instructions.

**LEGEND**  Warm-up  Walking  Strength and Flexibility  Cool down  Rest

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
 1			 +  10 mins (moderate) + 	 +  10 mins (moderate) + 			 +  10 mins (moderate) + 
 2			 +  15 mins (moderate) + 	 +  15 mins (moderate) + 			 +  15 mins (moderate/vigorous) + 
 3			 +  20 mins (moderate) + 	 +  25 mins (moderate) + 			 +  20 mins (vigorous) + 
 4			 +  25 mins (moderate) + 	 +  20 mins (vigorous) + 			 +  25 mins (vigorous) + 
 5			 +  25 mins (moderate) + 	 +  30 mins (moderate) + 		 +  30 mins (vigorous) + 	 +  25 mins (moderate) + 
 6			 +  30 mins (vigorous) + 	 +  30 mins (moderate) + 		 +  40 mins (vigorous) + 	 +  30 mins (moderate) + 

Partner:



Government of Western Australia  
Department of Health



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### Warm-up

#### Why?

A warm-up will prepare your body for exercise by gradually increasing your heart rate and circulation; this will loosen your joints and increase blood flow to the muscles.

#### How?

Walk slowly for 5 minutes, then gradually pick up the speed and begin your timed walk.

Don't forget to take time to stretch along the way!

See our **beginner home workout program** for some basic stretching ideas.



### Walking

#### Why?

Walking is the most popular form of physical activity and is a great way to include more active minutes into your week, while reducing the risk of chronic disease!

#### How?

After your warm-up, follow the weekly guide – noting the recommended intensity.

To gain even more benefits, consider walking in intervals!

See our **beginner interval walking workout** for ideas.



### Cool down

#### Why?

The cool down allows your breathing rate to return to normal and your heart rate to return close to its resting rate.

#### How?

Walk slowly and stretch for 5-10 minutes after your timed walk.

See our **beginner home workout program** for some basic stretching ideas.



### Strength and flexibility

#### Why?

Incorporating strength and flexibility days will help to prepare and condition your body and reduce the risk of injury.

#### How?

Complete strength exercises for at least 15-30 minutes, 2 days a week.

See our **beginner home workout program** for some basic strength exercise ideas.



### Rest

#### Why?

Rest days allow your body to recuperate and recover after walking sessions. They are vital to becoming fitter and a better walker!

#### How?

Take at least 1-2 days of total rest per week.

Avoid doing any intensive activities on these designated rest days – you've earned it!

## Intensity Guide

### Light

You can sing or talk without a noticeable increasing in your breathing rate.

### Moderate

You can carry on a conversation, but notice your breathing is getting faster, and you are breathing deeply every few words.

### Vigorous

You cannot hold a conversation at all.

## Mastered this program?

Why not try our **Couch to 3km Run Program** next!

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