

Get Ireland Walking

Sample Walking Plans

Top tip!

If this plan progresses too fast for you don't worry, you can follow the plan for the same week a number of times until you feel ready to progress. Remember every step you take is a step towards a healthier you.

Walking Plan A:

This Walking Plan helps you to build walking into your daily life. This Walking Plan would also suit a walker who is starting into physical activity after a period of relative inactivity.

	Mon - Fri	Sat / Sun
WEEKS 1-2	Aim to walk a little more than usual as part of your normal daily routine. Try walk to the local shop instead of driving and take the stairs instead of a lift.	Go for a walk to visit a friend or use a nearby park for a walk.
WEEKS 3-4	10-15 mins: Aim to do at least one walk of 10 minutes, three days a week. Time yourself and try not to stop for 10 minutes.	20-25 mins: Try a slightly longer walk in pleasant streets, a park or in nature.
WEEKS 5-6	2 x 10-15 mins: Add another walk of 10-15 minutes, two or three days a week. Perhaps do one in the morning and one in the evening.	25-30 mins: Do at least one walk of 25 to 30 minutes in nice surroundings. Do your best to include brisk walking.
WEEKS 7-8	2 x 15 mins: Try to walk for 15 minutes twice a day every day this week. You could do one on your lunch break and one in the evening.	30 mins: Try walk briskly for 30 minutes on your weekend walk.
WEEKS 9-10	2 x 15 mins: You are still aiming for two 15 minute walks every day. Try walk briskly on at least one of them.	30-45 mins: Try a longer walk of up to 45 minutes, one day a week. Look for a pleasant area to do this walk, relax and enjoy.
WEEKS 11-12	30 mins: Aim for a 30 minute walk each day. Do your best to include brisk walking into this 30 minutes.	45-60 mins: Now you are a fit and healthy walker, enjoy your new found freedom by walking further from home.