

Walking Workout – 12 weeks

Your Guide to Lowering High Blood Pressure. Sample Walking Program.” [Nhlbi.nih.gov](http://www.nhlbi.nih.gov) 25 July 2006.
http://www.nhlbi.nih.gov/hbp/prevent/p_active/walk.htm

Week	Sessions Per Week	Warm-Up	Activity	Cool Down	Total Time
1	At least 3	Walk slowly 5 min.	Then walk briskly 5 min.	Then walk slowly 5 min.	15 min.
2	At least 3	Walk slowly 5 min.	Then walk briskly 7 min.	Then walk slowly 5 min.	17 min.
3	At least 3	Walk slowly 5 min.	Then walk briskly 9 min.	Then walk slowly 5 min.	19 min.
4	At least 3	Walk slowly 5 min.	Then walk briskly 11 min.	Then walk slowly 5 min.	21 min.
5	At least 3	Walk slowly 5 min.	Then walk briskly 13 min.	Then walk slowly 5 min.	23 min.
6	At least 3	Walk slowly 5 min.	Then walk briskly 15 min.	Then walk slowly 5 min.	25 min.
7	At least 3	Walk slowly 5 min.	Then walk briskly 18 min.	Then walk slowly 5 min.	28 min.
8	At least 3	Walk slowly 5 min.	Then walk briskly 20 min.	Then walk slowly 5 min.	30 min.
9	At least 3	Walk slowly 5 min.	Then walk briskly 23 min.	Then walk slowly 5 min.	33 min.
10	At least 3	Walk slowly 5 min.	Then walk briskly 26 min.	Then walk slowly 5 min.	36 min.
11	At least 3	Walk slowly 5 min.	Then walk briskly 28 min.	Then walk slowly 5 min.	38 min.
12 and Beyond	At least 3	Walk slowly 5 min.	Then walk briskly 30 min.	Then walk slowly 5 min.	40 min.