

# 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	<b>10-15 mins</b> Aim to do at least one walk of 10 minutes, three days a week. Time yourself and try not to stop for 10 minutes.	<b>20-25 mins</b> Try a slightly longer walk in pleasant streets, a park or in nature.
WEEKS 5-6	<b>2 x 10-15 mins</b> Add another walk of 10-15 minutes, two or three days a week. Perhaps do one in the morning and one in the evening.	<b>25-30 mins</b> Do at least one walk of 25 to 30 minutes in nice surroundings. Do your best to include brisk walking.
WEEKS 7-8	<b>2 x 15 mins</b> 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.	<b>30 mins</b> Try walk briskly for 30 minutes on your weekend walk.
WEEKS 9-10	<b>2 x 15 mins</b> You are still aiming for two 15 minute walks every day. Try walk briskly on at least one of them.	<b>30-45 mins</b> 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	<b>30 mins</b> Aim for a 30 minute walk each day. Do your best to include brisk walking into this 30 minutes.	<b>45-60 mins</b> Now you are a fit and healthy walker, enjoy your new found freedom by walking further from home.

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Top tip!

Find a friend to do this Walking Plan with you!

### Walking Plan B:

This Walking Plan is for those who are already walkers or who already achieve moderate amounts of physical activity. This Walking Plan is designed to help you use walking as your primary form of exercise and to get fit. This Walking plan is also suited to those who wish to lose and maintain weight loss.

	Mon – Fri	Sat / Sun
WEEKS 1-2	<b>30 mins:</b> Walk for 30 minutes each day of the week.	<b>60 mins:</b> Try a longer walk of up to 60 minutes on one day of the week. Try walk in pleasant surroundings so you can relax and enjoy the walk.
WEEKS 3-4	<b>35 mins:</b> Walk for 10 minutes at a moderate pace to warm up. Add 5 minutes of brisk walking, followed by 10 minutes of steady paced walking. Complete this 5 minute brisk walking followed by 5 minutes moderate pace.	<b>60 mins:</b> Try get in a 60 minute walk on one day of the week. Walk in a nice location and let it be your reward.
WEEKS 5-6	<b>40 mins:</b> Walk for 10 minutes at a moderate pace to warm up. Add 10 minutes of a brisk pace, followed by 5 minutes of a steady pace. Complete this 10 minutes brisk pace and 5 minutes steady walking again.	<b>60 mins:</b> Ask a friend or family member to join you for a 60 minute walk. Walking and talking makes the time fly by.
WEEKS 7-8	<b>37 mins:</b> Walk for 10 minutes at a moderate pace to warm up. Add 10 minutes of a brisk pace, followed by 2 minutes of a steady pace. Complete this 10 minutes brisk pace again and finish with 5 minutes walking steady again.	<b>60 mins:</b> Do your best to get into nature for your 60 minute walk, one day a week. Take time to observe the beauty and relax.
WEEKS 9-10	<b>37 mins:</b> Walk for 10 minutes at a moderate pace to warm up. Add 10 minutes of a brisk pace, followed by 2 minutes of a steady pace. Complete this 10 minutes brisk pace again and finish with 5 minutes walking steady again.	<b>60 mins:</b> Try find new walking locations for your 60 minute walk. A change of scenery can be as good as a break.
WEEKS 11-12	<b>47 mins:</b> Walk for 10 minutes at a moderate pace to warm up. Add 15 minutes of a brisk pace, followed by 2 minutes of a steady pace. Complete this 15 minutes brisk pace again and finish with 5 minutes walking steady again.	Have you heard of parkrun? Find a friend to join you at parkrun. Don't worry, you can walk at these events too!