

# Get Ireland Walking

## Sample Walking Plans

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!