

# PEACEFUL PEDESTRIAN TRAINING SCHEDULE

This schedule is for beginner walkers who are without significant health concerns but do not regularly engage in fitness walking.



## Training Goals:

- Walk for 30 minutes. If you are brand new to fitness walking, it may be easier to start walking 2x a day until you build up to 20 minutes/walk.
- You will begin to increase the time walking before working on speed or distance.
- The end goal of this training is to walk at a brisk pace three times a week.



**You DO NOT have to start at Week 1, Day 1.  
Start at the week and time you can comfortably complete.**

- If you have a health condition, seek medical advice before starting.
- Start at a pace that is comfortable for you then increase to a brisk walk - (breathing hard BUT not breathless AND able to still carry on a conversation).
- The next step is to build up speed and distance working toward walking one mile, then walking a 5k, and finally running a 5K if you that is your goal.

**Disclaimer:** Beyond Your Limits Inclusive Fitness and Recreation **strongly** recommends that you consult with your physician before beginning any exercise program. When you participate in any exercise or exercise program, there is always the possibility of physical injury. If you engage in this exercise or any exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge BYLFitandRec.org from any and all claims or causes of action, known or unknown, arising out of BYLFitandRec.org's training program.