



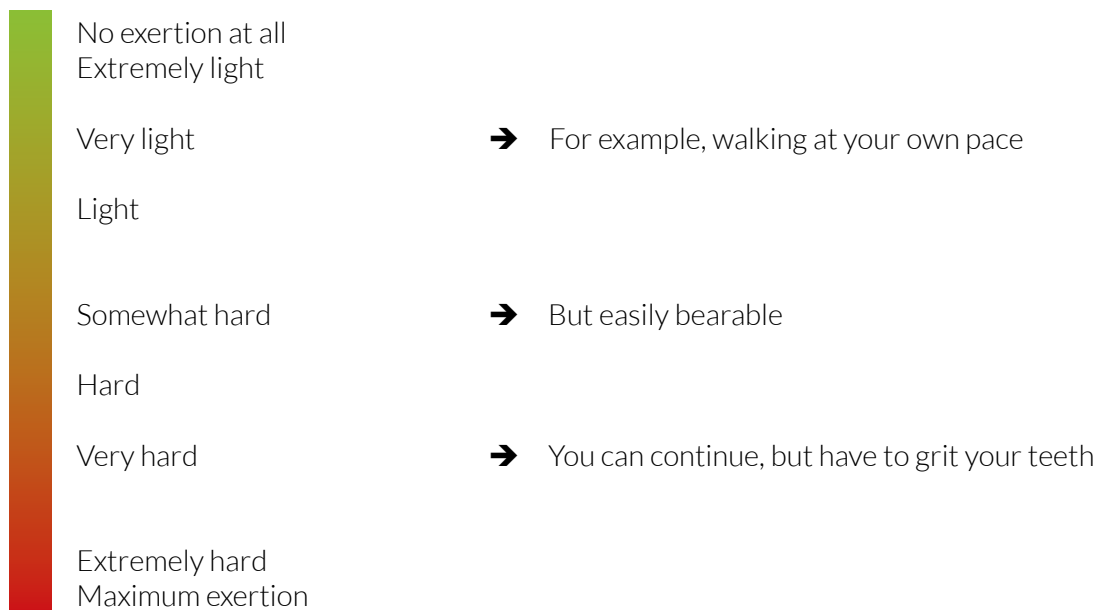
A sample training plan for walking with no previous sporting experience

Background

This training plan acts as a guideline for people who are not very active in their everyday life, have no previous sporting experience and want start to exercising regularly. It can be adjusted to suit individual preferences and situations.

Each individual activity has been given an intensity grading to clarify the level of exertion you should feel to enable training at optimal levels. These are based on the following scale (according to Borg*):

Here is how the exercise should feel:



Here are few tips before you start:

- Get a physical check-up before you begin.
- Reschedule your training session for a day earlier or later if you are unable to train on a certain day.
- If you are unable to complete the stated training session duration at the stated exertion grade, then reduce the duration.
- Listen to your body and take a break if you cannot continue.
- Try to find routes that are mostly flat.
- If you are unable to train for a week, then begin again with the plan for the previous week.
- After completing week 4, you can begin again with the week 1 plan. Or you can follow the week 1 plan and slightly increase the duration (e.g., 25 minutes instead of 20 minutes) or go for an additional walk as the 4th session on an off-day.

*Borg GA. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982; 14: 377-381



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Day	Activity	Description	Approx. duration
Week 1			
Monday			
Tuesday	Walking/Brisk walking	Perceived as "light" exertion	20 min
Wednesday			
Thursday	Walking/Brisk walking	Perceived as "light" exertion	20 min
Friday			
Saturday	Go for a walk	Perceived as "very light" exertion	60 min
Sunday			
Week 2			
Monday			
Tuesday	Walking/Brisk walking	Perceived as "light" exertion	20 min
	Coordination exercises	Standing on one leg (with the leg slightly bent), 3 x 2 minutes per leg (alternating)	12 min
Wednesday			
Thursday	Walking/Brisk walking	Perceived as "light" exertion	25 min
Friday			
Saturday	Go for a walk	Perceived as "very light" exertion	60 min
Sunday			
Week 3			
Monday			
Tuesday	Walking/Brisk walking	The movement feels "somewhat hard"	20 min
	Strengthening exercises for the abdomen and hip flexors	While standing, pull your knee towards your stomach, 2 x 15 repetitions per leg	
Wednesday			
Thursday	Walking/Brisk walking	The movement feels "somewhat hard"	30 min
	Coordination exercises	Standing on one leg (with the leg slightly bent) with eyes closed, 3 x 2 minutes per leg (alternating)	12 min
Friday			
Saturday	Walking/Brisk walking	Interval training: 5 minutes walking, 15 minutes brisk walking ("hard"), 5 minutes walking, 15 minutes brisk walking ("hard"), 5 minutes walking	45 min
Sunday			
Week 4			
Monday			
Tuesday	Walking/Brisk walking	The movement feels "somewhat hard"	30 min
	Coordination exercises	Standing on one leg (with the leg slightly bent) with eyes closed, 3 x 2 minutes per leg (alternating)	12 min
Wednesday			
Thursday	Walking/Brisk walking	The movement feels "somewhat hard"	20 min
	Strengthening exercises for the legs	Climb stairs by taking every second stair, 2 x 5 minutes, with only short breaks between,	12 min
	Go for a walk	Perceived as "very light" exertion	10 min
Friday			
Saturday	Walking/Brisk walking	Interval training: 5 minutes walking, 15 minutes brisk walking ("hard"), 5 minutes walking, 15 minutes brisk walking ("hard"), 5 minutes walking	45 min
Sunday			