

Cardio: from walking to running • Beginner level

DAYS/WEEK

4-5

DURATION

15 → 30 min

INTENSITY

You can talk

Start here if... You walk very little day to day or don't do any aerobic exercise.

1

Weeks 1-2

Walk at a comfortable pace you can keep up without stopping. Stick to flat ground when you can.

15 min ☐

2

Weeks 3-4

Do the last 5 minutes at a brisk pace: you breathe faster but can still speak in full sentences.

20-25 min ☐

3

Weeks 5-6

10 min easy, 15 min brisk and 5 min easy to finish. By the end of this phase you're already doing 150 minutes a week.

30 min ☐**Target effort: 4/10****Ready to move up when...**

- You walk briskly for 30 minutes 5 days a week without feeling tired the next day.
- You can walk up a moderate hill without stopping.

Warm up for 5 minutes before every session. If you have heart disease, uncontrolled high blood pressure, diabetes or a joint replacement, check with your doctor before you start.