

My 12-week exercise plan

This 12-week walking programme is designed so that you can build up the level of exercise over several weeks. If the first week feels too easy, start at Week 3 or 4; if you're finding it tough, repeat that week until you're ready to move on. Work through the full 12 weeks.

By Week 12 you will be doing 150 minutes moderate exercise, which is about half an hour for five days a week – irrespective of wherever you were at the start. Moderate exercise walking pace is defined as between 4–6.4 kilometres per hour (2.–4 mph) on flat level ground.

WEEK		1	2	3	4	5	6	7	8	9	10	11	12
BEGINNER Not currently exercising at all	TIME (Mins)	5	5	10	10	15	15	20	20	25	25	30	30
	SPEED (Mph)	1.5	1.5	1.5	1.5	2	2	2	2	2	2	2.5	2.5
	FREQUENCY (Sessions/week)	1	2	3	3	3	4	4	4	5	5	5	5
INTERMEDIATE Currently doing at least one exercise sessions per week	TIME (Mins)	10	10	10	15	15	20	20	25	25	30	30	30
	SPEED (Mph)	2	2	2.5	2.5	2.5	2.5	2.5	3	3	3	3	3
	FREQUENCY (Sessions/week)	2	3	3	4	4	4	5	5	5	5	5	5
ADVANCED Currently doing at least two exercise sessions per week	TIME (Mins)	15	15	15	20	20	20	25	25	30	30	30	30
	SPEED (Mph)	3	3	3	3	3	3.5	3.5	3.5	3.5	3.5	4	4
	FREQUENCY (Sessions/week)	3	4	4	4	5	5	5	5	5	5	5	5

It is recommended that you continue to exercise for 150 minutes per week at a moderate level for another 12 weeks and really get the exercise habit stuck before you begin to build to 300 minutes moderate exercise per week.

