## ReNEWU WALKING Program

Increase your Cardio \& Endurance. Stay Fit \& Loose Weight

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# Below is a walking program that can be used with/without a treadmill or a combination of both. The same principle can be applied to various cardio machines. 

## Ideal Heart Rate Ranges

- Warm up: 100 +/-
- Target Heart Rate : 159+


## Treadmill Speed

- Brisk Pace: 3.5-4.3
- Leisurely Pace: 3.4 and under

For Treadmill: Warm up at 3.0 and increase to 3.5-3.8 after 5 mins then increase your level to your target heart rate. Increasing your incline every two minutes for 10 mins then return down from your incline and cool down for 5-10 mins.

Total time 30-40 mins with warm up \& cool down. Since this is your first time feel free to decrease the time if needed.

## No Treadmill or Heart Rate Monitor?

Follow the workouts at your own pace and increase your speed as you go through the different intervals.

## 6- Week Summary

| 6 Days/Week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Beginner | $10-15$ <br> Mins | $15-30$ <br> Mins | $20-30$ <br> Mins | $25-40$ <br> Mins | $30-45$ <br> Mins | $45-60$ <br> Mins |
| Advanced | $20-30$ <br> Mins | $30-40$ <br> Mins | $40-50$ <br> Mins | $50-60$ <br> Mins | 60 <br> Mins | 60 <br> Mins |

## Daily Breakdown

## Week One

- Walk 10-15minutes a day for 6 days of the week,

Week Two

Day 1 • 15min brisk pace

Day 2

- 20min leisurely pace

Day 3 • 15min brisk pace

Day 4 • 25min leisurely pace

Day 5 • 15min brisk pace

Day 6 • 30min leisurely pace

| Week Three |  |
| :---: | :---: |
| Day 1 | - 15 mins ground level <br> - 2-5 mins hill <br> - 5 mins ground |
| Day 2 | - 20-30mins brisk pace |
| Day 3 | - 5 min level ground <br> - 5-7min hill <br> - 5 min ground |
| Day 4 | - 20-30min brisk pace |
| Day 5 | - 5 min ground level <br> - 7-10min hill <br> - 5mins ground |
| Day 6 | - 20-30mins brisk pace |

## Week Four

| Day 1 | $\cdot 20 \mathrm{mins}$ hill walk |
| :--- | :--- |
| Day 2 | $\cdot 20 \mathrm{~min}$ brisk |
| Day 3 | • $25-30 \mathrm{mins}$ leisurely <br> pace |
| Day 4 | $\cdot 25 \min$ brisk walk |
| Day 5 | • 15min leisure pace <br> Day 6 •40mins steady pace |



## Week Five

| Day 1 | - 10mins warm up <br> - Walk fast 1 min <br> - Resume pace 3-5min <br> - Repeat 3-4x for 15 min <br> - 5min cool down <br> - 25 min brisk pace |
| :---: | :---: |
| Day 2 | - 30mins leisurely pace |
| Day 3 | - 30mins leisurely pace |
| Day 4 | - 10mins warm up <br> - Walk fast 1 min <br> - Resume pace 3 -5mins <br> - Repeat 3-4x for 15 mins <br> - Cool down |
| Day 5 | - 30mins leisurely pace |
| Day 6 | - 45 mins brisk pace |

## Week Six

| Day 1 | - 25 mins Sprint/Walk pace |
| :---: | :---: |
| Day 2 | - 30min leisurely pace |
| Day 3 | - 25 mins hill |
| Day 4 | - 20 min brisk pace |
| Day 5 | - 15 mins leisurely pace |
| Day 6 | - 60 mins leisurely pace |



