

Week 1

5 mins walk & mobility warm up
2 x 6 mins brisk walk (with 3 min easy walk in between)
5 mins walk & stretch cool-down & feedback
Total time 25 mins

Week 2

5 mins walk & mobility warm up
2 x 7 mins brisk walk (with 3 min easy walk in between)
5 mins walk & stretch cool-down & feedback
Total time 27 mins

Week 3

5 mins walk & mobility warm up
2 x 8 mins brisk walk (with 3 min easy walk in between)
5 mins walk & stretch cool-down & feedback
Total time 29 mins

Week 4

5 mins walk & mobility warm up
1 x 8 mins brisk walk (with 2 min easy walk)
1x 7 mins brisk walk (with 2 min easy walk)
1 x 4 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 33 mins

Week 5

5 mins walk & mobility warm up
1 x 8 mins brisk walk (with 2 min easy walk in between)
1x 7 mins brisk walk (with 2 min easy walk in between)
1 x 6 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 35 mins

Week 6

5 mins walk & mobility warm up
1 x 9 mins brisk walk (with 2 min easy walk)
1x 7 mins brisk walk (with 2 min easy walk)
1 x 6 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 36 mins

Week 7

5 mins walk & mobility warm up
1 x 10 mins brisk walk (with 2 min easy walk)
1x 7 mins brisk walk (with 2 min easy walk)
1 x 6 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 37 mins

Week 8

5 mins walk & mobility warm up
1 x 10 mins brisk walk (with 2 min easy walk)
1x 8 mins brisk walk (with 2 min easy walk)
1 x 5 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 37 mins

Week 9

5 mins walk & mobility warm up
1 x 13 mins brisk walk (with 3 min easy walk)
1x 12 mins brisk walk
5 mins walk & stretch cool-down & feedback
Total time 38 mins

Week 10

5 mins walk & mobility warm up
2 x 14 mins brisk walk (with 2 min easy walk in between)
5 mins walk & stretch cool-down & feedback
Total time 40 mins