

WALK FOR FITNESS!

KEEP SCOTLAND ACTIVE WITH

jogscotland 
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TARGET: WALK BRISKLY FOR 30 MINUTES

Repeat each session three times each week,
with at least one day off in between

Mobility warm-up and stretch cool down videos with jog leader Lyn Bow are available on YouTube - [click here](#) or visit www.youtube.com/scottishathletics!

Week 1

5 min easy walk & mobility warm up
Brisk walk for 6 mins, easy walk for 3 mins
- repeat twice
5 min easy walk & stretch cool down

Week 2

5 min easy walk & mobility warm up
Brisk walk for 7 mins, easy walk for 3 mins
- repeat twice
5 min easy walk & stretch cool down

Week 3

5 min easy walk & mobility warm up
Brisk walk for 8 mins, easy walk for 3 mins
- repeat twice
5 min easy walk & stretch cool down

Week 4

5 min easy walk & mobility warm up
1 x 8 min brisk walk
1 x 7 min brisk walk
1 x 4 min brisk walk } 2 min easy walk
in between
5 min easy walk & stretch cool down

Week 5

5 min easy walk & mobility warm up
1 x 8 min brisk walk
1 x 7 min brisk walk
1 x 6 min brisk walk } 2 min easy walk
in between
5 min easy walk & stretch cool down

Week 6

5 min easy walk & mobility warm up
1 x 9 min brisk walk
1 x 7 min brisk walk
1 x 6 min brisk walk } 2 min easy walk
in between
5 min easy walk & stretch cool down

Week 7

5 min easy walk & mobility warm up
1 x 10 min brisk walk
1 x 7 min brisk walk
1 x 6 min brisk walk } 2 min easy walk
in between
5 min easy walk & stretch cool down

Week 8

5 min easy walk & mobility warm up
1 x 10 min brisk walk
1 x 8 min brisk walk
1 x 5 min brisk walk } 2 min easy walk
in between
5 min easy walk & stretch cool down

Week 9

5 min easy walk & mobility warm up
1 x 13 min brisk walk
1 x 3 min easy walk
1 x 12 min brisk walk
5 min easy walk & stretch cool down

Week 10

5 min easy walk & mobility warm up
30 minute brisk walk
5 min easy walk & stretch cool down