

Week	Number of sessions per week, intensity, time and type
Week 1	<i>Sessions 1-5:</i> 15-minute walk. Pace: light. Take a rest for 2 minutes every 5 minutes if needed, providing you always keep the feet moving (e.g. foot pumps while sitting).
Week 2	<i>Sessions 1-5:</i> 20-minute walk. Pace: light. Take a rest for 1 minute every 5 minutes if needed, providing you always keep the feet moving (e.g. heel taps while standing).
Week 3	<i>Sessions 1-5:</i> 20-minute walk. Pace: moderate. Take a rest for 1.5 minutes every 5 minutes if needed, providing you always keep the feet moving (e.g. toe taps in standing). Finish with a 10-minute cool-down at pace: light.
Week 4	<i>Sessions 1-4:</i> 25-minute walk. Pace: moderate. Take a 1-minute break every 5 minutes if needed, providing you always keep the feet moving (e.g. marching on the spot). Finish with a 10-minute cool-down at pace: light.
Week 5	<p><i>Session 1:</i> incorporate a walk of 30 minutes. Pace: moderate. Take a 2-minute break every 10 minutes if needed, providing you always keep the feet moving (e.g. lifting the heels off the ground while sitting). Finish with a 10-minute cool-down at pace: light.</p> <p><i>Session 2:</i> incorporate a walk of 35 minutes. Pace: moderate. Take a 2-minute break every 10 minutes if needed, providing you keep the feet moving (e.g. lifting the toes off the ground while sitting). Finish with a 10-minute cool-down at pace: light.</p> <p><i>Session 3-4:</i> incorporate a walk of 35 minutes. Pace: moderate. Take a 1.5-minute break every 10 minutes if needed, providing you keep the feet moving (e.g. bicycle kicks in sitting). Finish with a 10-minute cool-down at pace: light.</p>
Week 6	<p><i>Sessions 1-3:</i> 35-minute walk. Pace: moderate. Finish with a 10-minute cool-down at pace: light</p> <p><i>Session 4:</i> 45-minute walk. Pace: moderate. Finish with a 10-minute cool-down at pace: light</p>
Week 7	<p><i>Sessions 1-3:</i> 15-minute warm-up walk at pace: moderate, followed by main phase: 30 seconds power walk at pace: vigorous, a 2-minute walk at pace: moderate, repeating 6 times. Finish with a 10-minute cool-down at pace: light</p> <p><i>Session 4:</i> 50-minute walk. Pace: moderate. Finish with a 10-minute cool-down at pace: light</p>
Week 8	<p><i>Sessions 1-3:</i> 15-minute warm-up walk at pace: moderate, followed by main phase: 1-minute power walk at pace: vigorous, then a 1.5-minute walk at pace: moderate, Repeating 6 times. Finish with a 10-minute cool-down at pace: light</p> <p><i>Session 4:</i> 60-minute walk. Pace: moderate and finish with a 10-minute cool-down at pace: light</p>
Week 9	<p><i>Sessions 1-3:</i> 15-minute warm up walk at pace: moderate, followed by main phase: 1-minute power walk at pace: vigorous, 1-minute walk at pace: moderate, repeating 8 times. Finish with a 10-minute cool-down at pace: light</p> <p><i>Session 4:</i> 60-minute walk. Pace: moderate and finish with a 10-minute cool-down at pace: light</p>