



Number of sessions per week, intensity, time and type

Week 1	x5 Sessions: 15 min walk at pace: light. Take a 2 min rest every 5 min if needed, always keeping your feet moving (e.g. foot pumps while sitting).
Week 2	x5 Sessions: 20 min walk at pace: light. Take 1 min rest every 5 min if needed, always keeping you feet moving (e.g. heel taps while standing).
Week 3	x5 Sessions: 20 min walk at pace: moderate. Take a 1.5 min rest every 5 min if needed, always keeping your feet moving (e.g. toe taps in standing). Cool-down: 10 min at pace: light.
Week 4	x4 Sessions: 25 min walk at pace: moderate. Take a 1 min rest every 5 min if needed, always keeping your feet moving (e.g. marching on the spot). Cool-down: 10 min at pace: light.
Week 5	Session 1: 30 min walk at pace: moderate. Take a 2 min rest every 10 min if needed, always keeping your feet moving (e.g. lifting heels off the ground while sitting). Cool-down: 10 min at pace: light. Session 2: 35 min walk at pace: moderate. Take a 2 min rest every 10 min if needed, always keeping your feet moving (e.g. lifting the toes off the ground while sitting). Cool-down: 10 min at pace: light. Session 3 & 4: 35 min walk at pace: moderate. Take a 1.5-min rest every 10 min if needed, always keeping your feet moving (e.g. bicycle kicks in sitting). Cool-down: 10 min at pace: light.
Week 6	x3 Sessions: 35 min walk at pace: moderate. Cool-down: 10 min at pace: light. x1 Session: 45 min walk at pace: moderate. Cool-down: 10 min at pace: light.
Week 7	x3 Sessions: Warm-up: 10-15 min walk at pace: moderate. Main Phase: 30 sec power walk at pace: vigorous, 2 min walk at pace: moderate - repeat x6. Cool-down: 10 min at pace: light. x1 Session: 50-minute walk at pace: moderate. Cool-down: 10 min at pace: light.
Week 8	x3 Sessions: Warm-up: 10-15 min walk at pace: moderate. Main Phase: 1 min power walk at pace: vigorous, 1.5 min walk at pace: moderate - repeat x6. Cool-down: 10 min at pace: light. x1 Session: 60 min walk at pace: moderate. Cool-down: 10 min at pace: light.
Week 9	x3 Sessions: Warm-up: 10-15 min walk at pace: moderate. Main Phase: 1 min power walk at pace: vigorous, 1 min walk at pace: moderate - repeat x8. Cool-down: 10 min at pace: light. x1 Session: 60 min walk at pace: moderate. Cool-down: 10 min at pace: light.