



## Number of sessions per week, intensity, time and type

<b>Week 1</b>	<b>x5 Sessions:</b> 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).
<b>Week 2</b>	<b>x5 Sessions:</b> 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).
<b>Week 3</b>	<b>x5 Sessions:</b> 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.
<b>Week 4</b>	<b>x4 Sessions:</b> 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.
<b>Week 5</b>	<b>Session 1:</b> 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.  <b>Session 2:</b> 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.  <b>Session 3 &amp; 4:</b> 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.
<b>Week 6</b>	<b>x3 Sessions:</b> 35 min walk at pace: moderate. Cool-down: 10 min at pace: light.  <b>x1 Session:</b> 45 min walk at pace: moderate. Cool-down: 10 min at pace: light.
<b>Week 7</b>	<b>x3 Sessions:</b> 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.  <b>x1 Session:</b> 50-minute walk at pace: moderate. Cool-down: 10 min at pace: light.
<b>Week 8</b>	<b>x3 Sessions:</b> 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.  <b>x1 Session:</b> 60 min walk at pace: moderate. Cool-down: 10 min at pace: light.
<b>Week 9</b>	<b>x3 Sessions:</b> 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.  <b>x1 Session:</b> 60 min walk at pace: moderate. Cool-down: 10 min at pace: light.