

# GOAL: Walk Faster

Perhaps you walk up to 30 minutes at a time most days of the week, sometimes longer. If you've been mobile for at least two months and feel ready to take your walking to the next level, you can jump in here—or follow the Walk Farther program—and build on your base. Keep in mind that at any time during the course of this schedule should you feel shortness of breath, lightheaded, or acute or lingering soreness in any joints, that's a sign to back off a bit. Our recommendation: Follow to the last week of the program above, then begin this one again at Week One. Pushing yourself to the point of pain or dizziness may result in greater setbacks than if you listen to your body and take care of it along the way.

## This program is for you if:

- You're ready for a more challenging weekly routine;
- You've completed Start a Walking Program;
- You wish to continue to increase endurance and move a little faster.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 min Stretching	Walk 20 min, steady pace	Walk 15 min: 5 min steady, 5 min intervals, 5 min steady		Walk 15 min, steady pace	Upper Body Movement	Walk 20 min: 5 min steady, 10 min intervals, 5 min steady
15 min Stretching	Walk 20 min, steady pace	Walk 15 min: 5 min steady, 5 min intervals, 5 min steady		Walk 15 min, steady pace	Upper Body Movement	Walk 20 min: 5 min steady, 10 min intervals, 5 min steady
15 min Stretching	Walk 20 min, steady pace	Walk 20 min: 5 min steady, 10 min intervals, 5 min steady		Walk 15 min, steady pace	Upper Body Movement	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady
15 min Stretching	Walk 25 min, steady pace	Walk 20 min: 5 min steady, 10 min intervals, 5 min steady		Walk 20 min	Upper Body Movement	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady
15 min Stretching	Walk 25 min, steady pace	Walk 20 min: 5 min steady, 10 min intervals, 5 min steady	Walk 15 min, brisk pace	Walk 20 min	Upper Body Movement	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady
15 min Stretching	Walk 25 min, steady pace	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady	Walk 15 min, brisk pace	Walk 20 min	Upper Body Movement	Walk 30 min: 5 min steady, 20 min intervals, 5 min steady
15 min Stretching	Walk 25 min, steady pace	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady	Walk 15 min, brisk pace	Walk 25 min	Upper Body Movement	Walk 30 min: 5 min steady, 20 min intervals, 5 min steady
15 min Stretching	Walk 25 min, steady pace	Walk 25 min: 5 min steady, 15 min intervals, 5 min steady	Walk 15 min, brisk pace	Walk 25 min	Upper Body Movement	Walk 30 min: 5 min steady, 20 min intervals, 5 min steady

## KEY

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**Stretching:** Stretch hamstrings, quadriceps, hip flexors, and calves. Find stretches here: [weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try](https://www.weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try)

**Intervals:** Alternate between equal time (1:1 ratio) of a fast pace and a slow/recovery pace. For example, walk as fast as possible for 30 seconds, then slow to a recovery pace for 30 seconds. Feel free to go longer on the intervals and build up to 2 minutes at a time. As you feel stronger, start to increase your fast-pace times while keeping the slow/recovery pace times the same.

**Upper Body Movement:** Simple and designed to keep you active, do each movement for 30 seconds one after the other, then repeat twice. Eventually you want to work up to being able to do each movement for 1 minute.

- *Alternating right and left jabs.* Like a boxer, jab the air in front of you.
- *Right and left overhead reach.* Lean a little bit to the right and left as you alternately reach arms overhead.
- *Forward giant arm circles.* Move slowly and deliberately.
- *Reverse giant arm circles.* Squeeze shoulder blades together as your arms circle back.
- *Wall cactus.* Stand with your back against a wall, tailbone and head pressed against the wall, elbows level with shoulders and bent 90 degrees.