



## Couch to Heart Walk! Training Plan



September 2011

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>1</b>					<b>Sept. 16<sup>th</sup></b> 10 min walk	Relax!	10 min walk
<b>2</b>	20 min walk	Relax!	20 min walk	Relax!	Relax!	25 min walk	25 min walk
<b>3</b>	Relax!	Relax!	30 min walk	Relax!	30 min walk	Relax!	30 min walk
<b>4</b>	35 min walk	Relax!	35 min walk	Relax!	40 min walk	Relax!	40 min walk
<b>5</b>	Relax!	Relax!	45 min walk	Relax!	45 min walk	Relax!	



## Couch to Heart Walk! Training Plan



October 2011

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
6							<b>Oct. 1</b> 50 min walk
7	50 min walk	Relax!	1 hour walk	1 hour walk	Relax!	Relax!	1 hour & 10 min walk
8	1 hour and 10 min walk	Relax!	1 hour & 15 min walk	Relax!	1 hour & 15 min walk	1 hour & 20 min walk	Relax!
9	1 hour & 20 min walk	1 hour & 25 min walk	Relax!	1 hour & 30 min walk	1 hour & 30 min walk	Relax!	<b>Oct 22</b> <b>Heart</b> <b>Walk!</b>