







		16 week Walking Program	
Week 10	Program	Comments	
Monday	Easy walk 20 min		
Tuesday	Rest		
Wednesday	Brisk walk 16 min		
Thursday	Easy walk 20 min		
Friday	Rest		
Saturday	Mod walk 24 min		
Sunday	Brisk walk 16 min		
<b>Total walk time for week:</b>		96 minutes	
		16 week Walking Program	
Week 11	Program	Comments	
Monday	Easy walk 22 min		
Tuesday	Rest		
Wednesday	Brisk walk 17 min		
Thursday	Easy walk 22 min		
Friday	Rest		
Saturday	Mod walk 26 min		
Sunday	Brisk walk 17 min		
<b>Total walk time for week:</b>		104 minutes	
		16 week Walking Program	
Week 12	Program	Comments	
Monday	Easy walk 24 min		
Tuesday	Rest		
Wednesday	Brisk walk 18 min		
Thursday	Easy walk 24 min		
Friday	Rest		
Saturday	Mod walk 28 min		
Sunday	Brisk walk 18 min		
<b>Total walk time for week:</b>		112 minutes	

		16 week Walking Program
<b>Week 13</b>	<b>Program</b>	<b>Comments</b>
Monday	Easy walk 26 min	
Tuesday	Rest	
Wednesday	Brisk walk 19 min	
Thursday	Easy walk 26 min	
Friday	Rest	
Saturday	Mod walk 30 min	
Sunday	Brisk walk 19 min	
<b>Total walk time for week:</b>		120 minutes
		<b>16 week Walking Program</b>
<b>Week 14</b>	<b>Program</b>	<b>Comments</b>
Monday	Easy walk 28 min	
Tuesday	Rest	
Wednesday	Brisk walk 20 min	
Thursday	Easy walk 28 min	
Friday	Rest	
Saturday	Mod walk 32 min	
Sunday	Brisk walk 20 min	
<b>Total walk time for week:</b>		128 minutes
		<b>16 week Walking Program</b>
<b>Week 15</b>	<b>Program</b>	<b>Comments</b>
Monday	Easy walk 30 min	
Tuesday	Rest	
Wednesday	Brisk walk 21 min	
Thursday	Easy walk 30 min	
Friday	Rest	
Saturday	Mod walk 34 min	
Sunday	Brisk walk: 21 min	
<b>Total walk time for week:</b>		136 minutes

16 week Walking Program		
Week 16	Program	Comments
Monday	Easy walk 30 min	
Tuesday	Rest	
Wednesday	Brisk walk 24 min	
Thursday	Easy walk 30 min	
Friday	Rest	
Saturday	Mod walk 36 min	
Sunday	Brisk walk 24 min	
<b>Total walk time for week:</b>		144 minutes