

# Arthritis Today

## The 12-Week Walking Plan

NOTE START DATE	BEGINNER			INTERMEDIATE			ADVANCED		
	TIME (Minutes)	SPEED (MPH)	FREQUENCY (Days)	TIME (Minutes)	SPEED (MPH)	FREQUENCY (Days)	TIME (Minutes)	SPEED (MPH)	FREQUENCY (Days)
WEEK 1	5	1	3	10	1.5	3	15	2	3
WEEK 2	7	1.5	3	15	1.5	3	15	2	4
WEEK 3	10	1.5	3	15	2	3	20	2	4*
WEEK 4	10	1.5	4	15	2	4	20	2	5*
WEEK 5	15	1.5	4	15	2	4*	25	2	5*
WEEK 6	15	1.5	5	15	2.5	4*	30	3	5*
WEEK 7	20	1.5	5	25	2.5	5*	35	3	5*
WEEK 8	25	1.5	5	30	3	5*	40	3	5*
WEEK 9	25	1.5	5	35	3	5*	45	3.5	5*
WEEK 10	30	1.5	5	40	3	5*	50	3.5	5*
WEEK 11	30	1.5	5	45	3	5*	60	3.5	5*
WEEK 12	35	1.5	5*	45	3	6*	60	4	5*

\* = add an incline

**My Goal:** \_\_\_\_\_

(Describe your goal in terms of type of exercise, frequency or duration of activity, how much weight you'll lift, etc. Then mark which days you met your goal.)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							