



## 8 WEEK WALKING PROGRAM

If you're overwhelmed with information or are unsure of your capabilities and just don't know where to start this is the perfect program to start you off on your fitness adventure.



# 8 week kickstart walking program™

---

WITH SHANNAN PONTON

---



I've heard the same trepidation thousands of times and trust me, you're in good hands. You deserve the chance to achieve the changes you desire.

## **EVERY STEP IS A STEP IN THE RIGHT DIRECTION**

No matter your size, age, weight or level of condition this program will help ease you into training and prepare your body to get fitter and more active. Ensure you have a DR's OK before starting and have had all pre-existing injuries, illnesses and conditions cleared by your health professionals.



# DAY 1&4



## DAY 1 & 4. (SAY, MONDAY & THURSDAY)

**WEEK 1 & 2.** Walk 10 min away from start point at your own pace. Turn around, follow the exact same route back but aim to walk back in 9 min.

**WEEK 3 & 4.** Walk 15 min away from start point at your own pace. Turn around, follow the exact same route back but aim to walk back in less than 14 min.

**WEEK 5 & 6.** Walk 20 min away from start point at your own pace. Turn around, follow the exact same route back but aim to walk back in less than 18 min.

**WEEK 7 & 8.** Walk 25 min away from start point at your own pace. Turn around, follow the exact same route back but aim to walk back in less than 22min.

# DAY 2&5



## DAY 2 & 5. (SAY, TUESDAY & FRIDAY)

**FIND AN OVAL, TRACK OR ON TREADMILL.**

**WEEK 1 – 4.** Walk for 10 min. Perform 8 reps of each of the following. Squats to bench, Push Ups (knees ok) Lunges & Slide Crunches. Repeat this 2 – 3 times.

**WEEK 5 – 8.** Walk for 10 min. Perform 10 reps of each of the following. Squats to bench, Push Ups (knees ok) Lunges & Slide Crunches. Repeat this 2 - 4 times.



# DAY 3 & 6



## DAY 3 & 6. (WEDNESDAY & SATURDAY / SUNDAY)

**WEEK 1 – 4.** Walk continuously for 5min. Walk for 40 sec, jog for 20 sec. Continue this pattern for 10 – 20 min if you feel up to it. (Alternatively walk 2 light posts, jog 1 light post) then walk continuously for 5 min.

**WEEK 5 – 8.** Walk continuously for 5min. Walk for 30 sec, jog for 30 sec. Continue this pattern for 15 – 30 min if you feel up to it. (Alternatively walk 2 light posts, jog 1 light post) To finish off walk continuously for 5 min.