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EXAMPLE WALKING PROGRAMME - Dave

Date Started: 18.3.24

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | | Week 2 | |  | **Week 7** | | Week 8 | |
| Monday | **6** 6 Mins | Monday | 7 Mins | Monday | 12 Mins | Monday | 13 Mins |
| Tuesday | **6**  6 Mins | Tuesday | 7 Mins | Tuesday | 12 Mins | Tuesday | 14 Mins |
| Wednesday | **6**  6 Mins | Wednesday | 7 Mins | Wednesday | 13 Mins | Wednesday | 14 Mins |
| Thursday | Rest | Thursday | Rest | Thursday | Rest | Thursday | Rest |
| Friday | **6** 6 Mins | Friday | 7 Mins | Friday | 13 Mins | Friday | 14 Mins |
| Saturday | 6 Mins | Saturday | 7 Mins | Saturday | 13 Mins | Saturday | 14 Mins |
| Sunday | Rest | Sunday | Rest | Sunday | Rest | Sunday | Rest |
| Week 3 | | Week 4 | | **Week 9** | | Week 10 | |
| Monday | 8 Mins | Monday | 9 Mins | Monday | 16 Mins | Monday | 18 Mins |
| Tuesday | 8 Mins | Tuesday | 9 Mins | Tuesday | 16 Mins | Tuesday | 18 Mins |
| Wednesday | 8 Mins | Wednesday | 9 Mins | Wednesday | 16 Mins | Wednesday | 18 Mins |
| Thursday | Rest | Thursday | Rest | Thursday | Rest | Thursday | Rest |
| Friday | 8 Mins | Friday | 9 Mins | Friday | 16 Mins | Friday | 20 Mins |
| Saturday | 8 Mins | Saturday | 9 Mins | Saturday | 18 Mins | Saturday | 20 Mins |
| Sunday | Rest | Sunday | Rest | Sunday | Rest | Sunday | Rest |
| Week 5 | | **Week 6** | | **Week 11** | | **Week 12** | |
| Monday | 10 Mins | Monday | 11 Mins | Monday | 20 Mins | Monday | 22 Mins |
| Tuesday | 10 Mins | Tuesday | 11 Mins | Tuesday | 20 Mins | Tuesday | 25 Mins |
| Wednesday | 10 Mins | Wednesday | 11 Mins | Wednesday | 22 Mins | Wednesday | 25 Mins |
| Thursday | Rest | Thursday | Rest | Thursday | Rest | Thursday | Rest |
| Friday | 10 Mins | Friday | 12 Mins | Friday | 22 Mins | Friday | 25 Mins |
| Saturday | 10 Mins | Saturday | 12 Mins | Saturday | 22 Mins | Saturday | 25 Mins |
| Sunday | Rest | Sunday | Rest | Sunday | Rest | Sunday | Rest |

My baseline 20+12+0+5+3 ÷ 5 = 8 minus 20% (1.6) = **6 minutes**