

Fit, 50 and Fabulous!

Interval Walking Exercise Plan

Congratulations! You've taken the extraordinary step of wanting to improve your fitness, enhance your lifestyle and just get moving – all by downloading this Interval Walking Exercise Plan. Interval Walking has profound benefits on your overall health to include:

- Increased metabolism
- Increased calorie burn
- Decreased body fat
- Promotes weight loss
- Increased cardiovascular fitness

My simple Interval Walking Exercise plan is designed to slowly and safely increase your heart rate so that you burn more calories and increase your cardiovascular capacity. As with any exercise program, **please review this plan with your physician before starting**, especially if you are currently being treated for any chronic health condition.

Why Interval Walking

Walking is an easy and inexpensive exercise that you can do anywhere and at any time. To gain even greater health benefits from walking, you can increase the intensity of your walking routine by introducing intervals.

With interval walking, you introduce **short bursts of faster paced walking**. These short bursts can **last anywhere from 30 seconds to 2 minutes**. If your **slower pace of walking is 3.0 mph**, then a **faster pace would be 3.5 mph**. An intense pace would be 4.0 mph or higher.

Go be Fabulous!

There you have it! The Fit, 50 and Fabulous Interval Walking Exercise Plan and Exercise Chart. With commitment and consistency, there isn't anything you can't accomplish! You've got this!

*You **CAN** be Fit, 50 and Fabulous!*

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Interval Walking Exercise Chart

Time	Intensity	Speed (mph)	Number of Steps
0:00 – 3:00	Slow Pace	3.0	100
3:00 – 6:00	Brisk Pace	3.5	115
6:00 – 8:00	Moderate Pace	4.0	152
8:00 – 9:00	Intense Pace	4.5	200
9:00 – 11:00	Slow Pace	3.0	100
11:00 – 13:00	Brisk Pace	3.5	115
13:00 – 15:00	Moderate Pace	4.0	152
15:00 – 16:00	Intense Pace	4.5	200
16:00 – 19:00	Slow Pace	3.0	100
19:00 – 22:00	Brisk Pace	3.5	115
22:00 – 24:00	Moderate Pace	4.0	152
24:00 – 25:00	Intense Pace	4.5	200
25:00 – 30:00	Cool Down	3.0	100

If you're new to interval walking, you can vary the speed to that which matches your current fitness levels and adjust up from there. The key is to maintain the timing of the increased paces throughout the 30 minute program.