



Walk On, Rock On: A Plan for Beginners

Congratulations on starting a walking plan! Leslie Sansone has designed this plan for beginning walkers in mind. If you're already a regular walker, you may want to double up the assignments. One of the best features of this program is how efficient it is. Everyone can find 20 minutes in their schedule to work up a sweat. Grab your music, dust off your shoes and let's get moving!



WEEK ONE

MONDAY: 1 mile in 20 minutes
TUESDAY: 1 mile in 20 minutes
WEDNESDAY: 1 mile in 20 minutes
THURSDAY: unstructured
FRIDAY: 1 mile in 20 minutes
SATURDAY: 2 miles in 40 minutes



WEEK TWO

MONDAY: 2 miles in 40 minutes
TUESDAY: 2 miles in 40 minutes
WEDNESDAY: 1 mile in 18 minutes
THURSDAY: unstructured
FRIDAY: 1 mile in 18 minutes
SATURDAY: 3 miles in 55 minutes



WEEK THREE

MONDAY: 2 miles in 40 minutes
TUESDAY: 1 mile in 15 minutes
WEDNESDAY: 2 miles in 32 minutes
THURSDAY: unstructured
FRIDAY: 3 miles in 48 minutes
SATURDAY: 2 miles in 30 minutes



WEEK FOUR

MONDAY: 3 miles in 45 minutes
TUESDAY: 2 miles with weights in 30 minutes
WEDNESDAY: 2 miles with weights in 30 minutes
THURSDAY: unstructured
FRIDAY: 2 miles in 30 minutes
SATURDAY: 3 miles in 45 minutes

Don't skimp on shoes! You should invest in a good pair of walking shoes to avoid discomfort and possible injuries. Look for good cushioning in heels and toes, a tight fit that supports your instep, but leaves wiggle room for your toes, quality construction, and breathable upper materials such as mesh or leather. The following shoes are recommended by the American Academy of Podiatry Sports Medicine:

- Brooks WT Leather Addiction
- Rockport World Tour
- Rockport Prowalker DMX
- New Balance 840 Series
- New Balance 810 Series
- Asics Tech Walker