

Interval Walking Plan

Time: 20–30 minutes per session

Frequency: 3–4 days per week

Warm-Up (5 minutes)

Walk at an easy, relaxed pace. You should be able to talk comfortably and feel your body gently warming up.

Interval Cycle (20–30 minutes)

Brisk Walk — 1–2 minutes

A fast, purposeful pace. Breathing is harder, but you can still speak short sentences. Effort level 6–7 out of 10.

Recovery Walk — 2–3 minutes

A comfortable pace where full conversation is possible. Effort level 3–4 out of 10.

Repeat this cycle until your total walking time is reached.

Cool-Down (5 minutes)

Gradually slow your pace until breathing returns to normal and your body feels settled.

Helpful Tips

Walk tall with relaxed shoulders.

Swing your arms intentionally to engage more muscles.

Roll through each step from heel to toe.

Focus on consistency rather than intensity.

4-Week Progressive Interval Walking Calendar

Week	Fast Intervals	Recovery Pace	Total Time	Focus
Week 1	1 minute	3 minutes	20–25 minutes	Find your rhythm and build consistency
Week 2	2 minutes	3 minutes	25–30 minutes	Breathing feels controlled and steady
Week 3	2–3 minutes	2–3 minutes	30 minutes	Add gentle hills if it feels comfortable
Week 4	3 minutes	2 minutes	30–40 minutes	Strong pace with confident recovery

Optional tip: Walking 15–30 minutes after meals may help support blood sugar control and fat metabolism.