

# WALKING PROGRAM

## RATE OF PERCEIVED EXERTION SCALE (RPE)

2 - 4	VERY EASY (easy to hold a conversation)
5	EASY (comfortable to talk while walking)
6 - 7	MODERATELY DIFFICULT
8	DIFFICULT (heavy breathing; hard to talk)
9	VERY DIFFICULT (barely breathing)
10	EXHAUSTING (working to your absolute limit)

ADAPT YOUR EFFORT  
TO THE LEVEL OF  
DIFFICULTY INDICATED  
FOR EACH WORKOUT.  
REFER TO THIS  
SCALE.

## FRIENDLY TIPS

- Begin and end each workout with 5 minutes of low-intensity walking (Rate of Perceived Exertion Scale: 3 - 4).
- Workouts can be postponed, but following the order is preferable.
- Muscle-building exercises and stretching can improve your walking. Don't forget to include them.
- If you are injured or experiencing pain, replace your walking workout with swimming or cycling. If the pain persists for more than 3 days, consider seeing a doctor.
- If you lack time or motivation, try doing only 5 to 10 minutes of low-intensity walking. A little is always better than nothing at all.
- Do not deny yourself the opportunity to practice physical activities other than those in the workout plan.
- Don't forget to bring water on each of your outings.

# WALKING PROGRAM

PROGRAM DESIGNED BY  
ISABELLE GAGNON, KINESIOLOGIST

**FITSPIRIT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	<p><b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<p><b>STRETCHING</b> See the <b>STRETCHING</b> page.</p>	<b>REST</b>	<p><b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<p><b>STRETCHING</b> See the <b>STRETCHING</b> page.</p>	<p><b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<b>REST</b>
<b>WEEK 2</b>	<p><b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<p><b>STRETCHING</b> See the <b>STRETCHING</b> page.</p>	<b>REST</b>	<p><b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<p><b>STRETCHING</b> See the <b>STRETCHING</b> page.</p>	<p><b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown</p> <p>RPE <b>6</b></p> <p><b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.</p>	<b>REST</b>

# WALKING PROGRAM

FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK</b> <b>3</b>	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 35 min</b> 5 min: warm-up 25 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>REST</b>
<b>WEEK</b> <b>4</b>	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 35 min</b> 5 min: warm-up 25 min: walking 5 min: cooldown RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>REST</b>

# WALKING PROGRAM

# FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK</b>  <b>5</b>	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 25 min</b> 5 min: warm-up 15 min: walking 6 x (30 s fast/1 min slow) 5 min: cooldown RPE <b>7 - 8</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 40 min</b> 5 min: warm-up 30 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>REST</b>
	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 35 min</b> 5 min: warm-up 20 min: walking 10 x (30 s fast/1 min slow) 5 min: cooldown RPE <b>7 - 8</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 45 min</b> 5 min: warm-up 35 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>REST</b>

# WALKING PROGRAM

**FITSPIRIT**

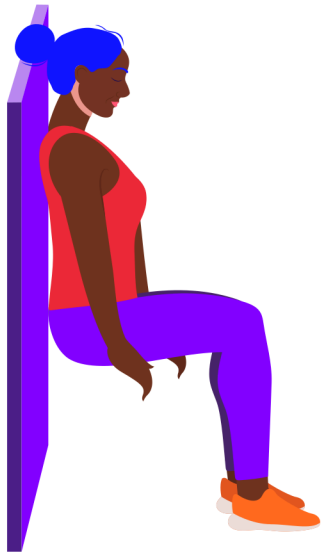
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>WEEK</b> <b>7</b>	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 8 x (45 s fast/75 s slow) 5 min: cooldown  RPE <b>7 - 8</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>TOTAL: 35 min</b> 5 min: warm-up 25 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>REST</b>	
	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown  RPE <b>6</b>	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>ORGANIZE A WALK WITH FRIENDS TO DISCOVER YOUR NEIGHBOURHOOD, IF YOU WANT.</b>		
<b>WEEK</b> <b>8</b>	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown  RPE <b>6</b>	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>ORGANIZE A WALK WITH FRIENDS TO DISCOVER YOUR NEIGHBOURHOOD, IF YOU WANT.</b>		
	<b>TOTAL: 30 min</b> 5 min: warm-up 20 min: walking 5 min: cooldown  RPE <b>6</b>  <b>STRENGTH TRAINING</b> See the <b>STRENGTH TRAINING</b> page.	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>REST</b>	<b>TOTAL: 20 min</b> 5 min: warm-up 10 min: walking 5 min: cooldown  RPE <b>6</b>	<b>STRETCHING</b> See the <b>STRETCHING</b> page.	<b>ORGANIZE A WALK WITH FRIENDS TO DISCOVER YOUR NEIGHBOURHOOD, IF YOU WANT.</b>		



# STRENGTH TRAINING

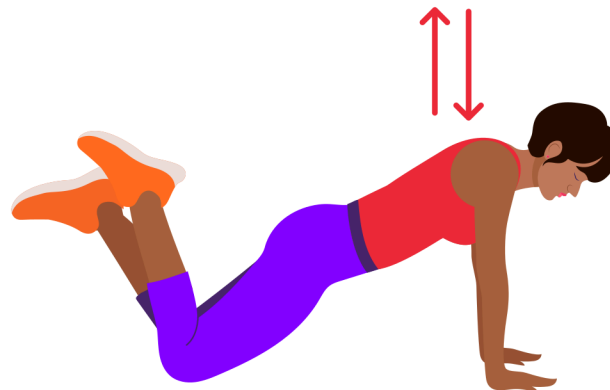
Do the three exercises below one after the other. Pause for a minute, then, repeat them a second time.

WEEKS 1 TO 4



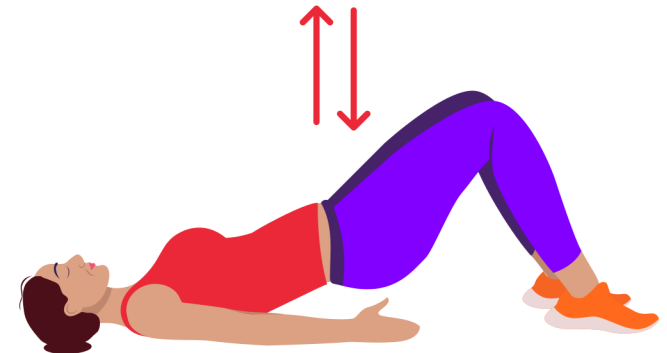
**CHAIR POSITION  
AGAINST THE WALL**

30 SECONDS



**PUSH-UP ON KNEES  
OR TOES**

15 REPETITIONS



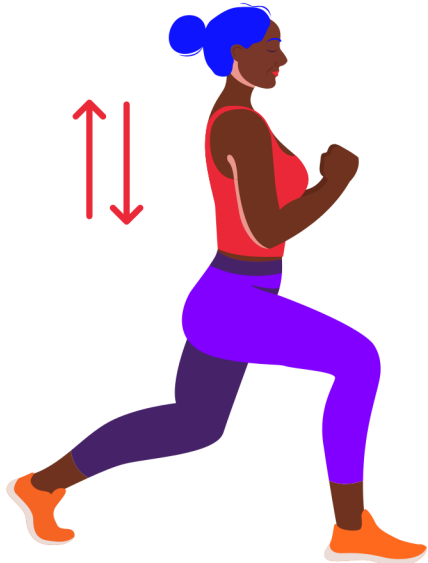
**BRIDGE, FEET ON THE  
FLOOR**

15 REPETITIONS

# STRENGTH TRAINING

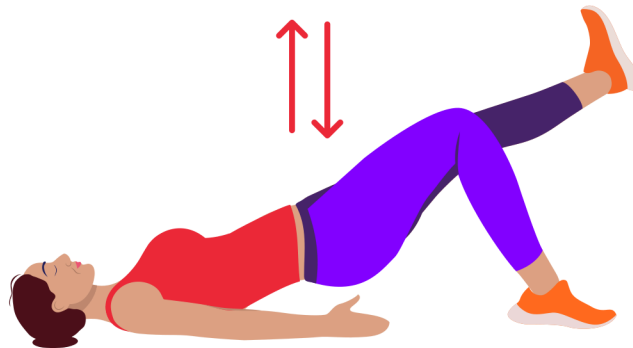
Do the three exercises below one after the other. Pause for a minute, then do them a second time.

WEEKS 5 TO 8



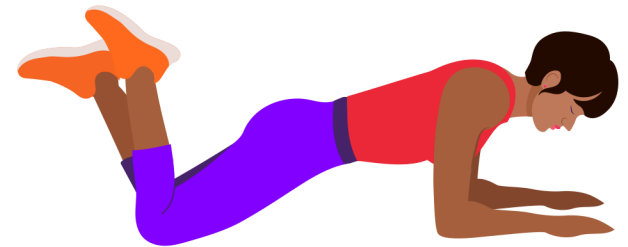
**STATIONARY LUNGE**

12 REPETITIONS  
ON EACH SIDE



**LIFT, ONE FOOT ON  
THE FLOOR**

12 REPETITIONS  
ON EACH SIDE



**PLANK, ON THE  
KNEES OR THE TOES**

30 SECONDS

# STRETCHING

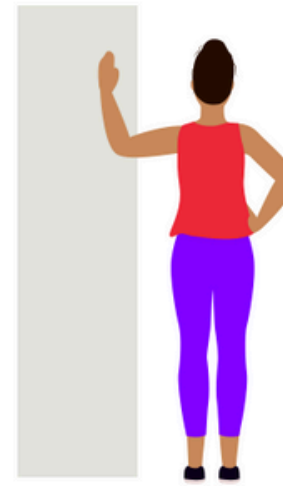
Hold each posture for 30 seconds to 1 minute on each side.



**QUADRICEPS**  
(FRONT OF THE THIGH)



**HAMSTRINGS**  
(BACK OF THE THIGH)



**CHEST AND  
SHOULDERS**



**CALVES**  
(BACK OF THE LEG)