



PREMIER PODIATRY

Scott O'Connor, DPM

DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery
Diplomate, American Board of Podiatric Surgeons
Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

12 WEEK BEGINNER SCHEDULE

Having a hard time getting started ... here is an easy to follow beginner schedule that starts with 15 minute walks and will have you walking 60 minutes in 12 weeks. Warm up and cool down time are included in the scheduled minutes. Be sure to stretch after your walks.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1	15 min	15 min	20 min	15 min	20 min	15 min	20 min
2	15 min	20 min	20 min	15 min	20 min	15 min	25 min
3	15 min	25 min	20 min	15 min	25 min	20 min	25 min
4	20 min	30 min	20 min	20 min	25 min	20 min	30 min
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min
6	25 min	30 min	30 min	25 min	30 min	25 min	40 min
7	25 min	30 min	40 min	30 min	30 min	30 min	40 min
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min
9	30 min	40 min	40 min	30 min	40 min	40 min	50 min
10	30 min	40 min	50 min	30 min	50 min	40 min	50 min
11	40 min	40 min	50 min	40 min	50 min	40 min	50 min
12	40 min	40 min	60 min	40 min	60 min	40 min	60 min

Consistency is key in creating a new habit, so be sure that you get something in at least 5 days a week. The starting day for this schedule may be changed to suit your needs. Just try to keep your easy and harder days in the same order. If you are particularly tired one week, don't increase your time... just stick with the last weeks schedule.

It's ok to take a day off once a week or choose a day to crosstrain. Choose one of the lighter days (Sunday or Wednesday) for this. A workable schedule for me is Sunday off, and crosstraining on Wednesday. As a beginner you may want to get the walking habit down before you add crosstraining to your routine.

It is natural to feel a little tired or have a few muscle aches when beginning a fitness program. Do not let this keep you from walking. On the other hand if you are in pain it may be prudent to take a day of rest. If the pain continues see a physician.

Notice: If you have any health concerns you should get your physician's approval prior to beginning a fitness program. Also, see 'thewalkingsite.com' for more information.