

Apogeo Fitness Intermediate/Advanced Walking Program

This walking program for weight loss is geared towards people that have a good foundation of walking to start from and can walk for about an hour without problems.

DISCLAIMER: Always check with your doctor before starting any physical activity program.

If you're starting out from the very beginning, you'll want to complete the [Beginner's Walking Program](#) first, and then move on to this program. You'll have a very solid foundation to start from and you'll be ready to move on to this program.

What's different about this program is that you walk for more time. I call this the Intermediate/Advanced version of the walking program.

With the intermediate version, walk for the amount of time listed. There's no need to add intervals or additional challenges.

For the advanced version, you'll want to add in some extra challenges to increase the intensity. For example, you'll walk on the beach or up hills. You can also add an interval where you're walking fast for 5 minutes and slow down the pace for 5 minutes.

Of course, if you have questions, [just ask!](#) I'm happy to help!

--Heather



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	60 Minutes	Rest/Stretch	60 Minutes	Rest/Stretch	60 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 2	65 Minutes	Rest/Stretch	65 Minutes	Rest/Stretch	65 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 3	70 Minutes	Rest/Stretch	70 Minutes	Rest/Stretch	70 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 4	75 Minutes	Rest/Stretch	75 Minutes	Rest/Stretch	75 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 5	80 Minutes	Rest/Stretch	80 Minutes	Rest/Stretch	80 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 6	85 Minutes	Rest/Stretch	85 Minutes	Rest/Stretch	85 Minutes/Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 7	90 Minutes	Rest/Stretch	90 Minutes	Rest/Stretch	90 Minutes /Advanced Intervals	Easy walk for 15-20 minutes or other activity	Rest
Week 8	50 minutes	Rest/Stretch	50 minutes	Rest/Stretch	50 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 9	55 minutes	Rest/Stretch	55 minutes	Rest/Stretch	55 minutes	Easy walk for 10 -20 minutes or other activity	Rest
Week 10	60 minutes	Rest/Stretch	60 minutes	Rest/Stretch	60 minutes/Advanced Intervals	Easy walk for 10 -20 minutes or other activity	Rest



