

GOAL: Walk Farther



Recording actual distances can be motivating as well as provide a strong sense of accomplishment. Keep in mind that building mileage should never be combined with an attempt to go faster. They should be mutually exclusive goals, and the focus of this program is expanding the distance you walk while staying healthy and injury-free.

This program is for you if:

- You've completed Start a Walking Program or have at least two months of walking a minimum of three days per week for 30 minutes at a time with no pain or discomfort;
- You can commit to the time it takes to build mileage;
- You're interested in the possibility of taking on a 10K walking challenge.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 min Stretching	Walk 1 mile, easy pace		Walk 10 min	Walk 1.5 miles	Upper Body Movement	Walk 2 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 10 min	Walk 1.5 miles	Upper Body Movement	Walk 2 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 10 min	Walk 1.5 miles	Upper Body Movement	Walk 2.5 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 10 min	Walk 2 miles	Upper Body Movement	Walk 2.5 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 15 min	Walk 2 miles	Upper Body Movement	Walk 3 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 15 min	Walk 2.5 miles	Upper Body Movement	Walk 3.5 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 15 min	Walk 2.5 miles	Upper Body Movement	Walk 4 miles
15 min Stretching	Walk 1 mile, easy pace		Walk 15 min	Walk 3 miles	Upper Body Movement	Walk 4 miles

*To progress to a 10K distance, continue this program for another eight weeks, and bump up the Saturday walks a half mile every other week.

KEY

Stretching: Stretch hamstrings, quadriceps, hip flexors, and calves. Find stretches here: [weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try](https://www.weightwatchers.com/us/article/4-feel-great-stretches-youve-gotta-try)

Upper Body Movement: Simple and designed to keep you active, do each movement for 30 seconds one after the other, then repeat twice. Eventually you want to work up to being able to do each movement for 1 minute.

- *Alternating right and left jabs.* Like a boxer, jab the air in front of you.

- *Right and left overhead reach.* Lean a little bit to the right and left as you alternately reach arms overhead.
- *Forward giant arm circles.* Move slowly and deliberately.
- *Reverse giant arm circles.* Squeeze shoulder blades together as your arms circle back.
- *Wall cactus.* Stand with your back against a wall, tailbone and head pressed against the wall, elbows level with shoulders and bent 90 degrees.