

Walking Plan Template

Rent Nothing

12-week progressive schedule — couch to consistent daily walks.

How to use

- Check off each session. Rest days are part of the plan.
- Pace = conversational. Add distance before speed.
- Pair with a free step counter — no smartwatch sub required.

Weeks 1–4

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
1	15 min	Rest	15 min	Rest	20 min	Rest	20 min walk	
2	20 min	Rest	20 min	Rest	25 min	Rest	25 min	
3	25 min	Rest	25 min	Rest	30 min	Rest	30 min	
4	30 min	Rest	30 min	Rest	35 min	Rest	35 min	

Weeks 5–8

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
5	35 min	Rest	35 min	Rest	40 min	Rest	40 min	
6	40 min	Rest	40 min	Rest	45 min	Rest	45 min	
7	45 min	Rest	45 min	Rest	50 min	Rest	50 min	
8	50 min	Rest	50 min	Rest	55 min	Rest	55 min	

Weeks 9–12

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
9	50 min	Rest	50 min	Rest	60 min	Rest	60 min	
10	55 min	Rest	55 min	Rest	60 min	Rest	60 min	
11	60 min	Rest	60 min	Rest	60 min	Rest	60 min	
12	60 min	Rest	60 min	Rest	60 min	5K walk	Celebrate	