



WALKING INTERVALS TO MAXIMIZE CALORIE BURN

Time	Activity
5 min	Warm up walk at a comfortable pace
30 Sec	Fast walk
1 min 30sec	Slow recovery walk
30 Sec	Fast walk
1 min 30sec	Slow recovery walk
30 Sec	Fast walk
1 min 30sec	Slow recovery walk
5 min	Cool down walk at a comfortable pace

Our bodies are incredibly smart organisms that adapt to stressors that it faces. Adapting to exercise, a good stressor, can be a positive and negative thing. It is positive when the exercises that we do become easier over time. Things that were once hard become easier. The negative side of doing the same exercise over and over is that our bodies become so efficient that we start burning less calories for the same exercise. This can often lead to weight loss and performance plateaus. The good news is that we just need to challenge our body in a slightly different way to promote change.

Picking up the intensity when walking can increase the amount of calories that you burn in a similar period of time. One easy way to do this is called interval training. During interval training, someone would pick up the intensity, increasing how hard you are working for a short period of time, and then follow it with a period of active recovery (lowering intensity) or rest. Repeat the process for as many minutes as you feel comfortable with. Try following the workout on the chart to increase your calorie burn the next time that you walk.

Start off with 30 second of intense walking for the first few weeks. As your fitness improves, slowly add more time to the fast walking section. Try to increase the time that you are walking fast by 10-15 seconds every 3-4 weeks. If you are up for an additional challenge, you can add more intervals of faster walking.