

▶ **Workshop: Walking for Fitness** Chapter 5, Lesson 1: Intensify Your Workout



This week, we will talk about how to take your walking workout to the next level. Once you have read the lessons, please take the quiz. Successful completion of the quiz will allow you to advance to the next week in the workshop.

Step Up Your Activity

Now that you have been walking consistently for a few weeks, you might feel ready to further increase your fitness. Changing up the intensity of your walking will increase your calorie burn, improve your strength, and keep your walking program interesting.

Increase the Intensity With Interval Training

One way to increase the intensity of your walking workout is alternating between intense bursts of activity and a regular pace. This is called interval training. For example, you can alternate between walking and jogging.

Here is one example:

| Time | Exercise |
|-----------|-----------------------|
| 3 minutes | Walk at a slow pace |
| 1 minute | Walk at a brisk pace |
| 2 minutes | Walk at a medium pace |
| 1 minute | Jog at a slow pace |
| 2 minutes | Walk at a medium pace |
| 1 minute | Jog at a slow pace |

Everyone has a different pace, so use this interval schedule as a guide to see what feels comfortable for you.

How Do I Know If I Am Ready To Step Up My Workout?

- You regularly reach your weekly walking goals.
- Increasing the intensity of your workout is safe for you (check with your doctor).
- You feel ready to challenge your body.

Next Steps

1. **Read** “Rev Up Your Workout With Interval Training”
2. **Increase** your step goal this week
3. **Try to incorporate** some jogging into your daily walking routine
4. **Track your steps online** in the Health Trackers section of the Wellness website or use the Walking Log provided in this workshop.
5. **Take the Chapter 5 quiz**

▶ **Key Point**

Alternate walking and jogging for an added challenge.