

# OP SANTÉ

## HEALTHY LIFESTYLE HABITS AND A HEALTHY WEIGHT

### 3-km walking training schedule

Week	Group training Day 1	Individual training Day 3	Individual training Day 5 (Optional)
1	FW: 1-1-2-1-1-2 min (zone 1) Walk between FW = 3 min	FW: 6 x 2 min (zone 1) Walk between FW = 2 min	FW: 1-2-3-2-1 min. (zone 1) Walk between FW = 3 min
2	FW: 1-2-3-2-4 min. (zone 1) Walk between FW = 2 min	FW: 4 x 3 min (zone 1) Walk between FW = 2 min	FW: 2-3-2-3 min (zone 1) Walk between FW = 2 min
3	FW: 2-4-5 min. (zone 1) 3 x 2 min. (zone 2) Walk between FW = 2 min	FW: 5 x 3 min (zone 1) Walk between FW = 2 min	FW: 6 x 2 min (zone 2) Walk between FW = 3 min
4	FW: 4-5-6 min. (zone 1) 3 x 2 min (zone 2) Walk between FW = 2 min	FW: 4 x 5 min (zone 1) Walk between FW = 2 min	FW: 1-2-3-1-2-3 min. (zone 2) Walk between FW = 2 min
5	FW: 3 x 8 min (zone 1) Walk between FW = 2 min	FW: 4 x 6 min (zone 1) Walk between FW = 2 min	FW: 6 x 3 min (zone 2) Walk between FW = 2 min
6	FW: 5-10-12 (zone 1) Walk between FW = respectively 2 and 4 min.	FW: 4 x 4 min. (zone 2) Walk between FW = 2 min	FW: 6-5-4-2 min. (zone 1,1,2,2) Walk between FW = 2 min
7	3-km of non-stop fast walk		

FW = Fast walk