

## Marie Murphy Health & Fitness

Consultant Exercise & Nutrition Specialist

Former Irish Olympian

[www.mariemurphyhealthfitness.com](http://www.mariemurphyhealthfitness.com)

[marie@mariemurphyhealthfitness.com](mailto:marie@mariemurphyhealthfitness.com)

### Murphy (METs) Programme

The following is a 15 week walking programme. It is broken into 5 x 3 weeks cycles. Each cycle has a set amount of time to accomplish in a given week. This allows your body to adapt to the stress within each cycle before moving to a higher volume. The main goal is to accomplish the total weekly minutes. Another day can be added to accomplish weekly goal. But, before starting this training plan, talk with your doctor if you've been sedentary for a long time or you have serious health issues.

Weeks	METs	Tuesday	Thursday	Saturday	Hr:mins per/week
1	4	15 minutes	15 minutes	20 minutes	50 minutes
2	4	15 minutes	15 minutes	20 minutes	50 minutes
3	4	15 minutes	15 minutes	20 minutes	50 minutes
4	6	20 minutes	20 minutes	30 minutes	1hr:10 minutes
5	6	20 minutes	20 minutes	30 minutes	1hr:10 minutes
6	6	20 minutes	20 minutes	30 minutes	1hr:10 minutes
7	7.5	25 minutes	25 minutes	40 minutes	1hr:30 minutes
8	7.5	25 minutes	25 minutes	40 minutes	1hr:30 minutes
9	7.5	25 minutes	25 minutes	40 minutes	1hr:30 minutes
10	9	30 minutes	30 minutes	50 minutes	1hr:50 minutes
11	9	30 minutes	30 minutes	50 minutes	1hr:50 minutes
12	9	30 minutes	30 minutes	50 minutes	1hr:50 minutes
13	11	35 minutes	35 minutes	1 hour	2hr:10 minutes
14	11	35 minutes	35 minutes	1 hour	2hr:10 minutes
15	11	35 minutes	35 minutes	1 hour	2hr:10 minutes

Note\* METs per week are based on walking at a pace of 15:00 minutes per mile.