

Marie Murphy Health & Fitness

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Murphy (METs) Programme

15 weeks training schedule (walking)

The following is a 15 week training schedule. 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 time walking. You can add extra days to help achieve your target time and weekly METs. 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	Tuesday	Thursday	Saturday	Total time per week	METs per week
1	15:00	15:00	20:00	50:00	3
2	15:00	15:00	20:00	50:00	3
3	15:00	15:00	20:00	50:00	3
4	20:00	20:00	30:00	1:10:00	4.5
5	20:00	20:00	30:00	1:10:00	4.5
6	20:00	20:00	30:00	1:10:00	4.5
7	25:00	25:00	40:00	1:30:00	6
8	25:00	25:00	40:00	1:30:00	6
9	25:00	25:00	40:00	1:30:00	6
10	30:00	30:00	50:00	1:50:00	7.5
11	30:00	30:00	50:00	1:50:00	7.5
12	30:00	30:00	50:00	1:50:00	7.5
13	35:00	35:00	1 hour	2:10:00	9
14	35:00	35:00	1 hour	2:10:00	9
15	35:00	35:00	1 hour	2:10:00	9

Note* METs per week are based on walking at a pace of <20:00 minutes per mile/12:00 minutes per km (Ave. 4 METs per hour).