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Murphy METs Programme

15 weeks walking schedule

The following is a 15 week walking schedule for 3 days per week. 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 help accomplish the 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	Day 1	Day 2	Day 3	Hr:mins per/week
1	3	15:00	15:00	20:00	50:00
2	3	15:00	15:00	20:00	50:00
3	3	15:00	15:00	20:00	50:00
4	4.5	20:00	20:00	30:00	1:10:00
5	4.5	20:00	20:00	30:00	1:10:00
6	4.5	20:00	20:00	30:00	1:10:00
7	6	25:00	25:00	40:00	1:30:00
8	6	25:00	25:00	40:00	1:30:00
9	6	25:00	25:00	40:00	1:30:00
10	7.5	30:00	30:00	50:00	1:50:00
11	7.5	30:00	30:00	50:00	1:50:00
12	7.5	30:00	30:00	50:00	1:50:00
13	9	35:00	35:00	1:00:00	2:10:00
14	9	35:00	35:00	1:00:00	2:10:00
15	9	35:00	35:00	1:00:00	2:10:00

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