

Walking Program Grid

		Patient Name														Start Date			
MPH↓	time →																		
6.0																			
5.5																			
5.0																			
4.5																			
4.0																			
3.5																			
3.0																			
2.5																			
2.0																			
1.5																			
1.0																			
0.5																			
		5'	10'	15'	20'	25'	30'	35'	40'	45'	50'	55'	60'	65'	70'	75'	80'	85'	90'

Begin at a level your Physical Therapist suggested. Add segments when there is no stress from that walk during, after or the next morning

WALK ROUTINE with White Grey and Black: Walk. Begin SLOWLY. Begin with 5 - 10 minutes.

WHITE: NO pain WHILE, AND NO pain AFTER, AND NO pain the MORNING AFTER walking.

WHITE=NO Challenge; Add. WHITE says all is well This is a good message, telling your brain it is a good thing to do. BUT, white will yield no progress.

BLACK: Pain, stiffness or burning WHILE, OR AFTER, OR the MORNING AFTER walking, that makes you change something in life. "I can't...", or "I don't want to..."

BLACK=Too much challenge; Res 1-3 days if you must. The RESUME at your last WHITE level. BLACK will lay you flat, burn you out, is crash and burn. AVOID BLACK!!

GREY: Mild discomfort, pain, stiffness or burning WHILE, or AFTER, or the MORNING AFTER walking, but NOT making you change - or want to change - anything.

GREY = THE Perfect Challenge; No changes. GREY will yield progress and will become WHITE. THEN you add.

Using these rules, add 1 minute up to 10 minutes. Add 2 minutes up to 20 minutes. Add 5 minutes up to 30 minutes. Add 5 to 10 minutes until you reach your goal. ONLY add after a WHITE day. You can use this with any activity to find success!!

While walking, continue to use abdominal (belly) breathing, SMOOTHLY, with slightly exaggerated abdominal expansion and compression.

Speeds: 0.5 mph(silly slow); 1(very slow); 1.5(slow); 2(slow medium); 2.5(medium); 3(medium fast); 3.5(fast); 4.0mph (very fast); over 4.0 progress as jogging the same way.

You may increase speed, 1 "step", once you reach your time goal. Increase speed in the same increments you used to increase time.

Repeat 30 abdominal breaths when you are finished with your walk.

60 minutes per day increases your health and decreases many diseases - a great goal. How often you walk and exercise depends on how long you walk at one time.

Long term, add 10% per week at most (example: if you are walking 28 segments, add 2 the next week; the FOLLOWING week add 3).