

4 WEEK

INTRO TO HIIT WALKING PLAN

WEEK 1

MONDAY

BENCHMARK WORKOUT
(20 minutes)

THE WORKOUT:
See how far you can walk in 20 minutes.

TAKACS SAYS:
"You'll do this workout today and again at the end of the program to measure your progress."

REST: Tuesday, Thursday, Saturday, Sunday

WEDNESDAY

ENDURANCE WORKOUT
(22 minutes)

THE WORKOUT:
10 minutes conversation pace walking
2 minutes rest
10 minutes concerted effort walking

TAKACS SAYS:
"Focus on engaging your abs to ensure good posture."

FRIDAY

3-MINUTE REPEATS (6 REPS)
(24 minutes)

THE WORKOUT:
3 minutes speed walking
1 minute recovery

TAKACS SAYS:
"You'll work hard during the periods you are on, and walk slow to recover."

WEEK 2

MONDAY

2 MINUTE REPEATS (8 REPS)
(24 minutes)

THE WORKOUT:
2 minutes speed walk
30 second side shuffle

TAKACS SAYS:
"Focus on keeping your chest up during lateral shuffles."

REST: Wednesday, Thursday, Saturday, Sunday

TUESDAY

5 MINUTE REPEATS FOR DISTANCE (4 REPS)

THE WORKOUT:
5 minute gradual speed walk
2 minute recovery

TAKACS SAYS:
"Speeding up every minute is both a physical and mental challenge."

FRIDAY

400M REPEATS (4 REPS)
(30+ minutes)

THE WORKOUT:
400-meter speed walk
1-minute recovery

TAKACS SAYS:
"Make each 400 faster than the one before. Focus on using your upper body and abs."

WEEK 3

MONDAY

SLOW AND STEADY

(20 minutes)

THE WORKOUT:

20 minutes
conversational pace

TAKACS SAYS:

"This walk is a good time to reflect on the goals you want to accomplish and a game plan for reaching them."

REST: Tuesday, Thursday,
Saturday, Sunday

WEDNESDAY

**1 MINUTE ON,
1 MINUTE OFF (10 REPS)**
(20 minutes)

THE WORKOUT:

1 minute tempo pace
(80% effort)

1 minute easy pace
(conversation pace)

TAKACS SAYS:

"During the speed portions focus on the balls of your feet like you're pushing sand back behind you through your toes."

FRIDAY

5-4-3-2-1
(24 minutes)

THE WORKOUT:

5 minutes conversational pace

5 minutes speed walking

4 minutes conversational pace

4 minutes speed walking

3 minutes conversational pace

3 minutes speed walking

2 minutes conversational pace

2 minutes speed walking

1 minute conversational pace

1 minute speed walking

TAKACS SAYS:

"This is an active recovery HIIT workout which helps create a strong base for endurance."

WEEK 4

MONDAY

SPEED PLAY

(30 minutes)

THE WORKOUT:

30 minutes speed walking

TAKACS SAYS:

"Keep your abs tight, activate as many leg muscles as possible and drive your arms in a north-to-south direction."

REST: Tuesday, Thursday, Friday,
Sunday

WEDNESDAY

HEAD FOR THE HILLS (10 REPS)
(20-30 minutes)

THE WORKOUT:

Speed walk uphill for **60** seconds

Walk to bottom for recovery

TAKACS SAYS:

"This workout is all about increasing cardio endurance and using your glutes."

SATURDAY

BENCHMARK WORKOUT
(20 minutes)

THE WORKOUT:

See how far you can walk in 20 minutes.

TAKACS SAYS:

"Be proud of how far you've come! You invested in your health, and your progress shows it."