

# Newport Pain Management

Medical Corporation  
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## 10 weeks to walk to health

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This pain management walking program is designed to gradually build strength and stamina. Be sure to stretch for 5 minutes before walking and cool down with a slow walk during the last 5 minutes. You should take large strides and concentrate on getting good arm movement.

### **Week One**

Sunday: 20 min

Monday: 15 min

Tuesday: 20min

Wednesday: 15 min

Thursday: 20 min (brisk)

Friday: 10 min

Saturday: 25 min Saturday walks should be long, easy enjoyable walks.

### **Week Two**

Sunday: 20 min

Monday: 15 min

Tuesday: 25 min

Wednesday: 15 min

Thursday: 20 min (brisk)

Friday: 10 min

Saturday: 30 min

### **Week Three**

Sunday: 20 min

Monday: 15 min

Tuesday: 25 min

Wednesday: 20 min

Thursday: 25 min (alternate walking fast walking for one minute, easy walking for 2 minutes)

Friday: 10 min

Saturday: 35 min

### **Week Four**

Sunday: 25 min

Monday: 15 min

Tuesday: 25 min

Wednesday: 20 min

Thursday: 25 min (alternate walking fast walking for one minute, easy walking for 2 minutes)

Friday: 10 min

Saturday: 40 min

### **Week Five**

Sunday: 30 min

Monday: 15 min

Tuesday: 30 min

Wednesday: 25 min

Thursday: 30 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 10 min

Saturday: 45 min

**Week Six**

Sunday: 35 min

Monday: 15 min

Tuesday: 30 min

Wednesday: 25 min

Thursday: 30 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 10 min

Saturday: 50 min

**Week Seven**

Sunday: 40 min

Monday: 15 min (brisk)

Tuesday: 35 min

Wednesday: 30 min

Thursday: 35 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 15 min

Saturday: 55 min

**Week Eight**

Sunday: 40 min

Monday: 15 min (brisk)

Tuesday: 40 min

Wednesday: 30 min

Thursday: 35 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 15 min

Saturday: 60 min

**Week Eight**

Sunday: 40 min

Monday: 15 min (brisk)

Tuesday: 40 min

Wednesday: 30 min

Thursday: 35 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 15 min

Saturday: 60 min

**Week Nine**

Sunday: 45 min

Monday: 20 min (brisk)

Tuesday: 45 min

Wednesday: 35 min

Thursday: 40 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 20 min

Saturday: 70 min

**Week Ten**

Sunday: 45 min

Monday: 20 min (brisk)

Tuesday: 50 min

Wednesday: 35 min

Thursday: 40 min (alternate walking fast walking for 2 minutes, easy walking for 2 minutes)

Friday: 25 min

Saturday: 70 min

Go to [www.newportpain.com](http://www.newportpain.com) for more information about chronic pain.