

WEEK
1-2

WEEK
3-4

WEEK
5-6

WEEK
7-8

WEEK
9-10

WEEK
11-12

MONDAY - FRIDAY

Start

Just aim to walk a little more as part of your daily routine. Try walking to a bus stop slightly further from home, or walking one way to the shops and getting a bus back. Get into the habit of walking up stairs and escalators.

10-15 min

Aim to do at least one walk of ten minutes on three days a week. So time yourself and try not to stop for ten minutes.

2 x 10-15 min

Add another walk of 10-15 minutes on two or three days of the week. Perhaps one in the morning and one at night. Remember to check the air pressure and your Veloped will roll better.

2 x 15 min

Try to walk for 15 minutes twice a day on every day this week. Now you're reaching the amount of exercise doctors recommend for good health.

2 x 15 min

Don't worry if you're slipping behind...use these weeks to catch up. Aim for two walks of 15 minutes each day, walking briskly on at least one of them.

30 min

Aim for 30 minutes of brisk walking each day. This can be in two sessions, but one session is better still. You've now reached the level doctors recommend for good health.

SATURDAY - SUNDAY

20-30 min

This is your chance to vary your walk a little. Try a different route, go to visit friends or a nearby park. Remember to shift the grip and walk with an upright posture.

Try a slightly longer walk in pleasant streets, a park or along a river or canal. If you suddenly feel faint or tired, sit down and rest for a while. When feeling stronger continue the exercise.

30 min

Do at least one 30 minute walk in pleasant surroundings but walk briskly for most of the way. Now it's time to try the forrest mode on the Veloped when walking on uneven terrain.

30 min

Try walking briskly for at least 30 minutes on your weekend walk. Bring coffee, tea or cocoa to be able to sit down and enjoy a break after your effort.

30-60 min

Try a longer walk of up to 60 minutes on one day a week. Look for pleasant surroundings, relax and enjoy!

60+ min

Now you're a fit and healthy walker, enjoy your new-found freedom by going further from home.

THE RESULTS DURING THE WEEK:

M	T	W	T	F	S	S	Total:
SUMMA:							

M	T	W	T	F	S	S	Total:
SUMMA:							

M	T	W	T	F	S	S	Total:
SUMMA:							

12 WEEK VELOPED WALKING PLAN

FACT: Regular walking reduces the risk of coronary heart disease by up to 50% (Department of Health). FACT: Brisk is best, but every bit counts – even leisurely strolls around the garden.

Walking works wonders

Walking is such an ordinary activity that most people take it for granted. But in fact it's an excellent natural exercise that can help you stay healthy and live longer, control your weight, keep happy, enjoy time with friends and family, learn more about your local or holiday destination area and even look after the environment.

Walking for a total of 30 minutes a day meets the minimum recommendations for physical activity.

Two things at once

Another great thing about walking is that it lets you do two things at once. While you're getting healthy exercise you can; spend time walking and talking with your friends and training companions, challenge your partner for a game of golf or explore your surroundings.

Talking while walking actually helps you exercise at the right intensity. For the best fitness and fat-burning effect you should keep a brisk pace but still be able to hold a conversation. So apart from being good company, your friend is also your very own pulse-meter.

12-week plan

Learn more about the benefits of walking, discover the hidden spaces of your neighbourhood and follow the 12-week walking plan.

You start out slow and as you get the pace up you can advance to brisk walks until you manage a healthy 30 minutes every time. The goal is a daily 30 minute walk with your Trionic Veloped, but in the beginning take it slow as there is no rush. Your total effort doesn't have to be done in one walk, it can also be split into two or three shorter walks. And always remember that every step counts!

Brisk is best

For the best exercise effect, walk briskly so that you get your heart beat up. Take deep breaths that fill your lungs to get the best recuperation. But don't walk faster than you can still talk and hold a conversation. This is a good intensity level and it's also a little more sociable and enjoyable when you are able to talk to your fellow walkers.

Good luck- Walk for health and happiness!
Please visit www.veloped.info

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