

OHSU CARDIAC REHABILITATION SERVICES

Sample Walking Program

FREQUENCY

Week 1-3: Three times per day

Week 4-6: Two times per day

Week 7-10: Once per day

WEEK	WARM-UP	BRISK WALK	COOL DOWN
1	5 minutes	5 minutes	5 minutes
2	5 minutes	8 minutes	5 minutes
3	5 minutes	11 minutes	5 minutes
4	5 minutes	14 minutes	5 minutes
5	5 minutes	17 minutes	5 minutes
6	5 minutes	20 minutes	5 minutes
7	5 minutes	23 minutes	5 minutes
8	5 minutes	26 minutes	5 minutes
9	5 minutes	29 minutes	5 minutes
10	5 minutes	30 minutes	5 minutes



KNIGHT
CARDIOVASCULAR
INSTITUTE
Oregon Health & Science University