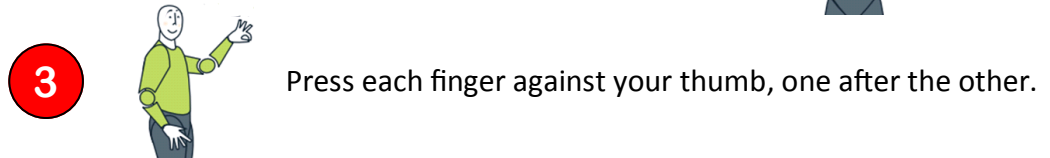
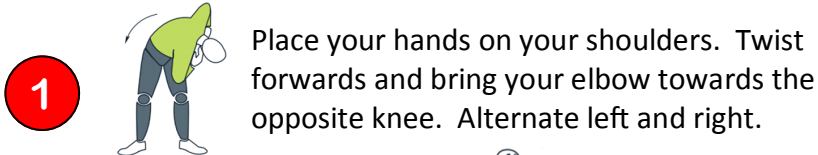


Week 9

	TOTAL TIME	PACE
Walk # 1	45 min	(3.5 minutes at regular pace followed by 4 minutes of brisk walking) x 6
Walk # 2	30-60 min	regular
Walk # 3	30-60 min	regular
Walk # 4	30-60 min	regular
Walk # 5	70 min	regular



Week 10

	TOTAL TIME	PACE
Walk # 1	50 min	(4 minutes at regular pace followed by 1 minute of brisk walking) x 10
Walk # 2	30-60 min	regular
Walk # 3	30-60 min	regular
Walk # 4	30-60 min	regular
Walk # 5	30-60 min	regular
Walk # 6	75 min	regular

