

PACE-UP walking programme

The plan is to start from where **you** are currently and to gradually increase the amount you walk over 12 weeks.

Use a pedometer (or your smart phone or fitness tracker) to record the number of steps you do each day and write them in your PACE-UP diary

Week of programme	Target number of steps
1-2	Add in 1500 steps on ≥ 3 days per week
3-4	Add in 1500 steps on ≥ 5 days per week
5-6	Add in 3000 steps on ≥ 3 days per week
7-12	Add in 3000 steps on ≥ 5 days per week

Remember

1500 steps equals about 15 minutes of walking
3000 steps equals about 30 minutes of walking

What does this mean for you?

You need to monitor your steps for a week to calculate your baseline average number of daily steps. The PACE-UP diary explains how to do this and gives you space to record the results. Your 12 week programme will be as follows:

Add in extra steps to your baseline average steps per day. Record your daily step-count on the PACE-UP diary sheets.

First month add in 1500 steps per day (which is about equal to a 15 minute walk), gradually increasing from 3 to 5 days per week

Second month add in 3000 steps per day (which is about equal to a 30 minute walk) gradually increasing from 3 to 5 days per week

Third month is maintenance, keep on adding in 3000 steps per day (about equal to a 30 minute walk) on at least 5 days per week.

By the end of 12 weeks the aim is for you to be walking an extra 3000 steps most days of the week.