

Get Fit

with Paige

Walking Interval Workout

This workout takes you through a variety of intensities, getting you out of your comfort zone for short periods of time.

Follow the intervals, working to get to the suggested [Rate of Perceived Exertion \(RPE\)](#). During the hard intervals, you can speed up, jog, sprint or find a hill and power up.

Repeat the entire workout (without the warm up) for about a 20 minute workout.

Have fun!

More about [burning more calories](#) during your walks.

Time	Intensity	RPE
5 Minutes	Warm up at a steady pace	Level 4
30 seconds	Speed up, swing the arms-baseline	Level 5-6
30 steps	Speedwalk, jog or spring	Level 8
1 minute	Baseline	Level 5
30 seconds	Speed up and work harder	Level 6
30 steps	Speedwalk, jog or spring	Level 8
1 minute	Baseline	Level 5
1 minute	Speed up	Level 6
30 steps	Speedwalk, jog or spring	Level 8
1 minute	Baseline	Level 5
1 minute	Speed up	Level 6
30 steps	Speedwalk, jog or spring	Level 8
Repeat intervals for a longer workout or go to a cool down pace		