

# CANCER RECOVERY ARC™

## Recovery Walking Plan “Back-In-Action”

This walking plan should be used by the individual who has normal blood cell counts and has continued some level of movement throughout treatment. **The goal is to try to walk daily and to use the walking plan to slowly and intentionally increase endurance and stamina without causing greater fatigue.** *Note: By keeping to this routine, you will give your body the time it needs to recover, while progressing at a pace that is not using resources still required for healing.*

Directions: Start with a five-minute, slower paced walk to **warm up** and end with a five-minute, slower paced walk to **cool down**. Start at a pace that is comfortable, then gradually pick up your speed during the **action** phase. You should be breathing hard, but still able to carry on a conversation. Repeat each week program 3-5 times, as demonstrated under Week 1. Should the workout seem too hard, repeat again for the following week. Progression to the next stage should only occur when residual fatigue or muscle discomfort is nominal.

WEEK	WORKOUT	WARM-UP	ACTIVITY	COOL DOWN
1	1	5 MINUTES	<b>5 MINUTES</b>	5 MINUTES
	2	5 MINUTES	<b>5 MINUTES</b>	5 MINUTES
	3	5 MINUTES	<b>5 MINUTES</b>	5 MINUTES
2	3-5X	5 MINUTES	<b>8 MINUTES</b>	5 MINUTES
3	3-5X	5 MINUTES	<b>10 MINUTES</b>	5 MINUTES
4	3-5X	5 MINUTES	<b>10 MINUTES</b>	5 MINUTES
5	3-5X	5 MINUTES	<b>10 MINUTES</b>	5 MINUTES
6	3-5X	5 MINUTES	<b>15 MINUTES</b>	5 MINUTES
7	3-5X	5 MINUTES	<b>15 MINUTES</b>	5 MINUTES
8	3-5X	5 MINUTES	<b>15 MINUTES</b>	5 MINUTES
9	3-5X	5 MINUTES	<b>20 MINUTES</b>	5 MINUTES
10	3-5X	5 MINUTES	<b>20 MINUTES</b>	5 MINUTES
11	3-5X	5 MINUTES	<b>20 MINUTES</b>	5 MINUTES
12	3-5X	5 MINUTES	<b>30 MINUTES</b>	5 MINUTES

Celebrate!!! By the end of week 9 (approximately) you will have met the daily recommendations of the American Heart Association and the American College of Sports Medicine for 30 minutes of cardiovascular exercise. Keep it up!