

# CANCER RECOVERY ARC™

## Recovery Walking Plan “Just Starting”

This walking plan should be used by the individual who has been sedentary due to health complications and/or is currently experiencing low red blood cell counts. **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.**

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's 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's 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	ACTION	COOL DOWN
1	1	5 MINUTES	<b>1 MINUTES</b>	5 MINUTES
	2	5 MINUTES	<b>1 MINUTES</b>	5 MINUTES
	3	5 MINUTES	<b>1 MINUTES</b>	5 MINUTES
2	3-5x	5 MINUTES	<b>2 MINUTES</b>	5 MINUTES
3	3-5x	5 MINUTES	<b>4 MINUTES</b>	5 MINUTES
4	3-5x	5 MINUTES	<b>6 MINUTES</b>	5 MINUTES
5	3-5x	5 MINUTES	<b>8 MINUTES</b>	5 MINUTES
6	3-5x	5 MINUTES	<b>10 MINUTES</b>	5 MINUTES
7	3-5x	5 MINUTES	<b>12 MINUTES</b>	5 MINUTES
8	3-5x	5 MINUTES	<b>14 MINUTES</b>	5 MINUTES
9	3-5x	5 MINUTES	<b>16 MINUTES</b>	5 MINUTES
10	3-5x	5 MINUTES	<b>18 MINUTES</b>	5 MINUTES
11	3-5x	5 MINUTES	<b>20 MINUTES</b>	5 MINUTES
12	3-5x	5 MINUTES	<b>22 MINUTES</b>	5 MINUTES

Celebrate!!! By the end of week 12 (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!