Japanese Walking

Three minutes easy, three minutes brisk, five rounds. A plan and a log for four weeks.



WHY IT HELPS

Walking at two speeds asks more of your heart and legs than a steady stroll, and it needs no gym or gadget. Writing down each walk shows how your rounds build and gives you something real to show your doctor.

HOW TO USE IT

Start	Walk easy for 3 minutes.
Switch	Go brisk for 3, then easy again.
Log	Write the rounds and how it felt.

INSIDE

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Start on a flat route. Hills make the brisk minutes much harder. Add a slope once five rounds feel steady.

MY ROUTE

Flat loop around the park, about 1.5 miles

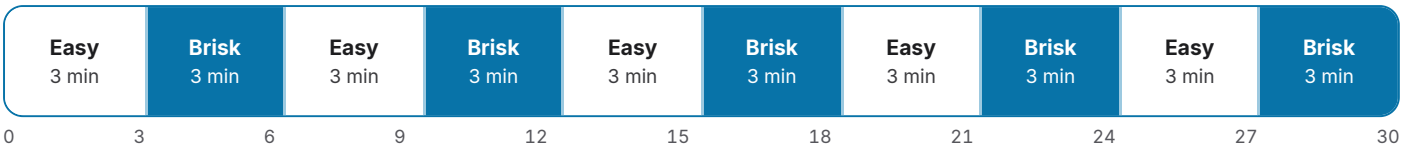
ROUNDS I AIM FOR BY WEEK 4

5

DATE	ROUNDS WALKED	EFFORT 1 TO 10	HOW I FELT AFTER	NOTES
Week 1			Brisk minutes this week *18*	
Mon 2	●●○○○	*6*	*Good*	*Flat loop*
Wed 4	●●○○○	*7*	*Tired but fine*	
Sat 7	●●○○○	*6*	*Good*	*Walked with Tom*
	○○○○○			
	○○○○○			
Week 2			Brisk minutes this week *36*	
Mon 9	●●●○○	*7*	*Good*	
Wed 11	●●●○○	*7*	*Good*	
Thu 12	●●●○○	*7*	*Sore knees*	*Hill route*
Sat 14	●●●○○	*6*	*Fine*	*Back to flat loop*
	○○○○○			
Week 3			Brisk minutes this week *48*	
Mon 16	●●●●○	*7*	*Good*	
Wed 18	●●●●○	*7*	*Good*	*Rain, short coat*
Fri 20	●●●●○	*7*	*Strong*	
Sun 22	●●●●○	*6*	*Good*	
	○○○○○			
Week 4			Brisk minutes this week *60*	
Tue 24	●●●●●	*7*	*Tired after*	*Slept badly*
Thu 26	●●●●●	*7*	*Good*	
Sat 28	●●●●●	*7*	*Great*	*Felt easier*
Mon 30	●●●●●	*7*	*Good*	
	○○○○○			

1 One session

Easy and brisk, five times over



Minutes. Round 1 is the first easy and brisk pair. Five rounds take 30 minutes.

2 How brisk should it feel

Use the talk test

Easy minutes	About 3 to 4 out of 10. You can talk in full sentences.
Brisk minutes	About 7 out of 10. You can say a few words but could not sing.
Too hard	9 or 10 out of 10. You cannot speak. Slow down.

ROUNDS TO START	DAYS A WEEK	START DATE	WALK TIME OF DAY

3 My build-up

Rounds per walk I plan for each week

WEEK 1	WEEK 2	WEEK 3	WEEK 4

4 Before I set off

- [ ] Supportive shoes that do not rub
- [ ] A flat, safe route for the first weeks
- [ ] A timer that repeats every 3 minutes
- [ ] Talked to my doctor if I have a heart, lung or joint condition

5 Notes on my route and timing

If you have chest pain, faintness or breathlessness that does not settle when you slow down, stop and call 911 or the emergency number where you live.

MY ROUTE

ROUNDS I AIM FOR BY WEEK 4

DATE	ROUNDS WALKED	EFFORT 1 TO 10	HOW I FELT AFTER	NOTES
Week 1				Brisk minutes this week
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
Week 2				Brisk minutes this week
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
Week 3				Brisk minutes this week
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
Week 4				Brisk minutes this week
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			
	○ ○ ○ ○ ○			

Month review

	WALKS	ROUNDS IN ALL	BRISK MINUTES
Week 1			
Week 2			
Week 3			
Week 4			

WHAT GOT EASIER

WHAT WAS HARD OR HURT

NEXT MONTH: ROUNDS PER WALK

NEXT MONTH: DAYS A WEEK

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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