

# Walk Progression

A walking progression for moms

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# Healthy and Quick & Everything Fit

## Walking Progression

Gradually add speed + distance (about 10% per week) | "Brisk" = goal of 15 minutes per mile

Stage	Walk	Pace
1	5-10 minutes	Slow, postpartum waddle
2	12 minutes	Comfortable slow pace
3	15 minutes	Comfortable pace
4	20 minutes	Comfortable pace
5	20 minutes	Brisk pace
6	22 minutes	Brisk pace
7	25 minutes	Brisk pace
8	28 minutes	Brisk pace
9	31 minutes	Brisk pace
10	35 minutes	Brisk pace

Complications that may impact exercise for me:

- Pre-eclampsia
- High blood pressure
- Gestational diabetes
- Severe perineal laceration
- Other: \_\_\_\_\_

Additional exercise instructions/ restrictions: