



N2R

STROLL & STRIDE

A WALKING FITNESS PLAN

BY NONE TO RUN

- START MOVING YOUR BODY
- INCREASE YOUR FITNESS
- IDEAL FOR INJURY RECOVERY

BROUGHT TO YOU BY NONE TO RUN • BACKED BY SCIENCE

BE YOUR STRONGEST SELF

STROLL & STRIDE: A WALKING FITNESS PLAN

The Stroll & Stride plan is a science-backed walking program designed to help people build fitness through interval walking - **no running required**. Based on Japanese research on Interval Walking Training (IWT), this plan offers an effective, low-impact way to improve your health and fitness.

WALKING INTERVALS WORKS BETTER THAN REGULAR WALKING, HERE'S WHY

Walking is already one of the best forms of exercise, but interval walking takes the benefits to the next level. Research from Japan shows that alternating between periods of low and high-intensity walking produces significantly greater health benefits than steady-paced walking.

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According to studies published in the **Mayo Clinic Proceedings**, people who followed an interval walking program for just 5 months experienced:

20% increase in overall physical fitness and thigh muscle strength

20% reduction in symptoms of lifestyle-related conditions (hypertension, high blood sugar, obesity)

50% decrease in depression scores

Improved blood pressure, cholesterol, and glucose levels

HOW THE PLAN WORKS

The plan alternates between two walking intensities:

Stroll (Low-intensity): A comfortable, relaxed pace where you can easily carry on a conversation. This is approximately 40% of your maximum effort.

Stride (High-intensity): A brisk, purposeful pace that elevates your heart rate and breathing but allows you to speak in short sentences. This is approximately 70% of your maximum effort.

Sources:

1. Nemoto, K., et al. (2007). Effects of high-intensity interval walking training on physical fitness and blood pressure in middle-aged and older people. *Mayo Clinic Proceedings*, 82(7), 803-811.

2. Karstoft, K., et al. (2013). The effects of free-living interval-walking training on glycemic control, body composition, and physical fitness in type 2 diabetic patients. *Diabetes Care*, 36(2), 228-236.

THE FORMAT:

- 4 walking sessions per week
- Each session follows a simple 3:3 interval pattern (3 minutes of Stroll followed by 3 minutes of Stride)
- Sessions gradually increase from 30 to 42 minutes over 8 weeks

This plan is perfect for you if others felt too fast or too intense. The gradual progression and low-impact design make it sustainable and enjoyable in the long term.

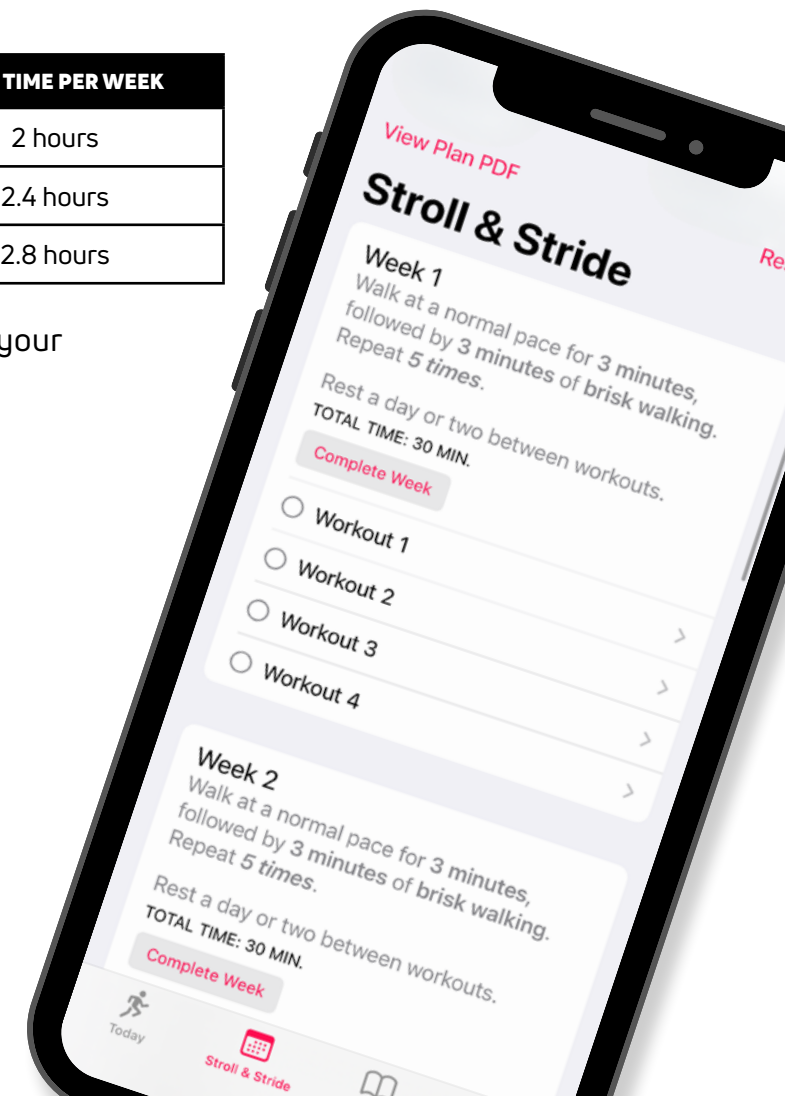
WEEKLY BREAKDOWN:

WEEKS	WALKS PER WEEK	INTERVALS PER WALK	TOTAL TIME PER WALK	TOAL TIME PER WEEK
1 - 4	4	5 sets	30 minutes	2 hours
5 - 6	4	6 sets	36 minutes	2.4 hours
7 - 8	4	7 sets	42 minutes	2.8 hours

You can do these walks outdoors or on a treadmill and adjust your rest days to match your energy levels and schedule.

WHO IS THIS PLAN FOR?













- Beginners who are just starting their fitness journey
- People who prefer walking to running or high-impact exercise
- Those recovering from injury who need a gentle approach
- Older adults looking to improve fitness safely
- Busy individuals who want efficient, effective workouts
- Anyone with joint issues who needs low-impact exercise
- People managing health conditions like high blood pressure or type 2 diabetes



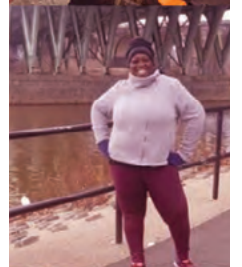
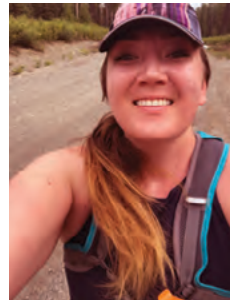
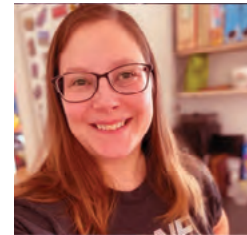
NONE TO RUN /// STROLL & STRIDE PLAN

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WEEK	INTERVAL WALK	CHECKLIST	ACHIEVEMENT
WEEKS 1 - 4			
<div> WEEKS 1-4</div>	<div><div></div><div>+</div><div></div><div>3-min normal paced walk</div><div>3-min brisk walk</div></div> <div>↻ 5 Times</div> <div>TOTAL TIME: 30 minutes</div>	<div><div>WEEK 1</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div> <div><div>WEEK 2</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div> <div><div>WEEK 3</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div> <div><div>WEEK 4</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div>	<div><div>WEEKS 1 - 4 COMPLETE!</div><div></div><div>STROLL & STRIDE</div></div>
	WEEK 5 - 6		
<div> WEEKS 5-6</div>	<div><div></div><div>+</div><div></div><div>3-min normal paced walk</div><div>3-min brisk walk</div></div> <div>↻ 6 Times</div> <div>TOTAL TIME: 36 minutes</div>	<div><div>WEEK 5</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div> <div><div>WEEK 6</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div>	<div><div>WEEKS 5-6 COMPLETE!</div><div></div><div>STROLL & STRIDE</div></div>
	WEEK 7 - 8		
<div> WEEKS 7-8</div>	<div><div></div><div>+</div><div></div><div>3-min normal paced walk</div><div>3-min brisk walk</div></div> <div>↻ 7 Times</div> <div>TOTAL TIME: 42 minutes</div>	<div><div>WEEK 7</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div> <div><div>WEEK 8</div><div><input type="checkbox"/> Interval walk 1</div><div><input type="checkbox"/> Interval walk 2</div><div><input type="checkbox"/> Interval walk 3</div><div><input type="checkbox"/> Interval walk 4</div></div>	<div><div>COMPLETED</div><div></div><div>STROLL & STRIDE</div></div>

MAKE LIFE EASY. GET THE **APP** FOR IPHONE AND ANDROID.



MEET MARK KENNEDY, N2R FOUNDER

Hey, I'm Mark. I'm an RRCA Certified Distance Running Coach with a background in Kinesiology. I'm also a proud Canadian and dad of two active boys.

Ten years ago, I created None to Run as a blog and personal outlet to stay in touch with my passion for exercise science and healthy living. I wanted to help people get moving, realize their goals, and become runners for life.

Since then, None to Run has grown into an app, resource and community for beginner runners.

We've been featured in places like The Globe and Mail, CBC News, SELF, Canadian Running Magazine, The London Times, Bustle Magazine and more.

My goal is to help you ease into a more active lifestyle and discover the joy of moving your body.

You can connect with me (and thousands of others) in the [N2R online community](#), or send me your questions at mark@nonetorun.com.

