

Walking Program Class Templates

These templates are designed for gym coaches running structured small-group treadmill programs based on trending walking routines like 6-6-6, 12-3-30, and Zone 2 endurance walks. Each template includes goals, class flow, cueing notes, and measurable outcomes.

Beginner Class Template: 6-6-6 Starter Walk

Goal: Build cardio tolerance, posture awareness, and breathing rhythm.

Class Duration: 25–30 minutes

Structure:

- Warm-up: 5 min at 3% incline, 4 km/h pace
- Main set: 3 rounds of 6% incline, 6 km/h pace, 6 minutes each
- Rest: 1 min reset between rounds
- Cool-down: 5 min walk at 0–2% incline, 3.5 km/h pace

Coaching Notes: Keep head up, shoulders relaxed. Encourage rhythmic breathing. Check RPE every round.

Metrics to Track: Distance covered, average heart rate, attendance streaks.

Intermediate Class Template: 12-3-30 Remix

Goal: Improve endurance and consistency while keeping effort sustainable.

Class Duration: 35–40 minutes

Structure:

- Warm-up: 5 min at 5% incline, 3 mph pace
- Main set: 12% incline, 3 mph pace, 30 min continuous walk
- Optional intervals: 1 min lateral or backward walks every 10 min
- Cool-down: 5 min at 2% incline, 2.5 mph pace

Coaching Notes: Cue foot placement and posture under fatigue. Keep energy steady; avoid sprinting. Film short segments for member milestones.

Metrics to Track: Total time, incline duration, heart rate consistency.