

Japanese 3 x 3 Walking Workout

by Gordon W. Brown

(compiled and edited from several internet articles and videos)

If you can walk in the yard, or on the street, or even an indoor track, this is a gentler way to slowly increase your fitness and get in shape!

Interval Walking Training (IWT) works for everyone, at every level of fitness, from beginner to advanced. No special equipment, special clothing, sports team, nor gymnasium is needed to participate. IWT is simple, joint friendly, easy to do, and more importantly, easy to stick to! It will increase your aerobic fitness and your functional movement. You can improve your Physical Fitness and Health beginning on the first day.

Walking is already one of the very best forms of exercise you can do, IWT takes its benefits up a notch or two, and you don't need 10,000 steps! It is also good if you're just beginning your fitness journey and want to start doing more physical activity. Even if you're already a regular exerciser who's in good shape, IWT is a nice way to mix up your usual routine enhancing your health even further.

Studies have proven that 75% of participants successfully maintained the IWT method for an average 22 months, which is considerably better than most other fitness regimes. Hiroshi Nose, who developed IWT in Japan about twenty years ago, said, "Maximal aerobic power and thigh muscle strength increased by about 20% which is sure to make you feel about ten years younger than before training, and symptoms of lifestyle related diseases (hypertension, hyperglycemia, and obesity) decreased by about 20%." Walkers also enjoyed mental health benefits as well, depression scores dropped by half.

THE INTERVAL WALKING TRAINING 3X3 WORKOUT

WALK FOR 3 MINUTES AT A MODERATE PACE
(A BRISK STROLL)

THEN

WALK FOR 3 MINUTES AT A FAST PACE
(VERY BRISK, JUST BEFORE BREAKING INTO A JOG)

REPEAT 5 TIMES FOR A TOTAL WORKOUT OF 30 MINUTES

YOUR SPEED WILL DEPEND ON HOW FIT YOU ARE. IT MAY BE SLOW AT FIRST, BUT WHEN YOU ARE WALKING AT “FAST PACE” YOU WILL BECOME OUT OF BREATH, THEN WITH A NOTABLE CHANGE BACK DOWN TO “MODERATE PACE.” YOUR SPEED WILL INCREASE NATURALLY AS YOUR FITNESS LEVELS IMPROVE.

MAKE THIS YOUR ROUTINE 4 DAYS A WEEK. YOU WILL FEEL THE BENEFITS, AND BEFORE LONG, SEE AN SIGNIFICANT IMPROVEMENT.

Even if you feel self-conscious, Interval Walking Training is a “one size fits all” workout. It really works for everybody, regardless of age or fitness level. All you need is the will to improve your prospects for a long and healthy life. You can do it!