

Japanese walking

3 minutes brisk, 3 minutes easy.



Stride out, ease off, and repeat 5 times. That is all there is to it.

Today's loop

■ brisk ■ easy



Alternate 5 times between 3 brisk and 3 easy minutes.



Brisk = talking still just works, in short sentences.
Getting warm is fine, no panting required.

50

brisk minutes a week is enough
gains level off beyond that (study of 679 participants)



+13 to 17%
stronger legs



+8 to 9%
better fitness



steadier
blood sugar



Your heart rate: 220 - your age = your max.
Brisk ≈ 70% of that, easy 40 to 50%. At 55: brisk around 115.



Beginner's tip: start with 2 brisk blocks per walk.
Build up to all 5 over a few weeks.



How to measure your heart rate

Brisk is roughly 70% of your maximum heart rate, easy 40 to 50%. Estimate your maximum with 220 minus your age. There are 3 ways to measure:

With a watch or chest strap

A sports watch or smartwatch measures continuously. Glance at your wrist halfway through a brisk block and adjust.

No device: count your pulse

Place your index and middle finger on the inside of your wrist or on your neck. Count the beats for 15 seconds, right after a brisk block, and multiply by 4. That is your heart rate per minute.

The talk test

Not a numbers person? Brisk is the pace at which talking still just works, in short sentences. If chatting flows easily, step it up a little.

How the music works

The walking music lasts exactly 30 minutes and changes by itself: when the rhythm swells, you stride out; when it turns still and dreamy, you ease off. No need to watch the clock.

www.your-good-life.com/walking-music

Your range by age

age	maximum	brisk (65-75%)	easy (40-50%)
45	175	114-131	70-88
50	170	110-128	68-85
55	165	107-124	66-82
60	160	104-120	64-80
65	155	101-116	62-78
70	150	98-112	60-75
75	145	94-109	58-72

The full story with the studies: www.your-good-life.com/blog/japanese-walking