



VESTED / FREE STARTER PLAN

START LIGHTER. FINISH WITH MORE IN YOU.

Six calm walks. One change at a time. Energy left in reserve.

THE VESTED RULE

**CHANGE ONE.
LEARN. THEN BUILD.**

Time, pace, or load - never all three.

WEEK 1 / WALK 1

01

FIND THE FIT

15-20 MIN

Use your lightest practical setup. Walk at a normal, conversational pace. Notice fit, posture, breathing, and gait.

WEEK 1 / WALK 2

02

REPEAT THE EASY

15-20 MIN

Repeat the same time and load. The goal is to learn whether the first walk still feels comfortable when repeated.

WEEK 1 / WALK 3

03

ADD GENTLE CONTRAST

20 MIN

Keep the load the same. Add three 1-minute purposeful segments with two easy minutes between them. Never run.

WEEK 2 / WALK 1

04

RETURN REFRESHED

20 MIN

Use the same load and an easy pace. If you do not feel recovered, shorten the walk or walk without added weight.

WEEK 2 / WALK 2

05

BUILD ONE VARIABLE

20-25 MIN

If every prior walk felt comfortable during and afterward, add up to five minutes. Keep load and pace unchanged.

WEEK 2 / WALK 3

06

LEARN, THEN CHOOSE

20 MIN

Return to an easy walk. At the end, choose whether next week should repeat, recover, or progress. Repeating is useful.

AFTER EACH WALK / YOUR COMFORT CHECK

- 01 Posture and gait stayed natural.
- 02 You finished with energy in reserve.
- 03 You felt normal later and the next morning.

Stop for pain, dizziness, chest discomfort, unusual shortness of breath, numbness, or a meaningful change in how you move. If you have a medical condition, injury, or uncertainty about added load, ask a qualified clinician first.

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