

# TAI CHI WALKING 4-WEEK WORKOUT PLAN

HBmag.com • Free Printable • 2026 Edition

*This plan is designed for adults 35+. No gym needed. No equipment. Start with chair tai chi if standing is difficult. Each session is short on purpose — consistency matters more than duration. Talk to your doctor before starting if you have balance issues, recent surgery, or severe joint pain.*

## Intensity Key

REST	LIGHT	MODERATE	BUILD
No movement or active recovery only	Chair tai chi or gentle breathing	Standing tai chi walking 10–20 min	Longer session 20–30 min with turns

## WEEK 1 — Foundation: Learn the Step

Goal: Build the habit. Don't rush the movement. 5 minutes done right beats 20 minutes sloppy.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Chair Tai Chi 10 min	Tai Chi Walk 10 min	REST	Chair Tai Chi 10 min	Tai Chi Walk 12 min	REST	Breathing 5 min

Session Focus	What To Do	Time
Chair Tai Chi (Mon / Thu)	Seated weight shifts side to side. Slow arm raises to shoulder height. Deep belly breathing between each movement.	10 min
Tai Chi Walking (Tue / Fri)	Basic step only. Full weight shift onto one foot before the other lifts. Heel-to-toe. Arms swing gently opposite the stepping leg.	10–12 min
Breathing Day (Sun)	Sit or stand. 4-count inhale through nose. 6-count exhale through mouth. Repeat for 5 minutes.	5 min

## WEEK 2 — Foundation: Add Arm Coordination

Goal: Connect arms and legs. Keep the slowness. Add one turn at the end of each walking session.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Chair Tai Chi 12 min	Tai Chi Walk 15 min	Breathing 5 min	Chair Tai Chi 12 min	Tai Chi Walk 15 min	REST	Tai Chi Walk 10 min

Session Focus	What To Do	Time
Chair Tai Chi (Mon / Thu)	Add slow knee lifts alternating left-right. Keep arms coordinating opposite the lifting knee. 3 sets of 8 lifts per side.	12 min

Tai Chi Walking (Tue / Fri)	Same heel-to-toe step. Now add the arm swing consciously. At the end of your path — pause, turn slowly, walk back.	15 min
Light Walk (Sun)	Same basic step but slightly faster — still slower than normal walking. Focus on staying balanced, not on speed.	10 min

## WEEK 3 — Build: Longer Sessions, Lower Stress

Goal: Sessions hit 20 minutes. Add the pre-bed breathing routine. This is where cortisol benefits start to show.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Tai Chi Walk 20 min	Chair + Breath 15 min	Tai Chi Walk 20 min	REST	Tai Chi Walk 20 min	Chair Tai Chi 12 min	Breathing 8 min

Session Focus	What To Do	Time
Tai Chi Walking (Mon / Wed / Fri)	Full session. Walk, turn, walk back. Add a side-step sequence if you're comfortable. Stay slow. No rushing turns.	20 min
Chair + Breath (Tue)	10 min seated tai chi followed immediately by 5 min box breathing: 4 counts in — 4 hold — 4 out — 4 hold. Repeat 6 times.	15 min
Pre-Bed Breathing (Every night)	Sit on the edge of your bed. 8 slow breaths in through nose, out through mouth. Takes 3 minutes. Lowers cortisol before sleep.	3 min

## WEEK 4 — Consistency: Make It a Habit

Goal: Hit 150 minutes of movement across the week. That's the general activity guideline. You're doing it.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Tai Chi Walk 25 min	Chair + Breath 15 min	Tai Chi Walk 25 min	REST	Tai Chi Walk 25 min	Tai Chi Walk 20 min	Breathing 10 min

Session Focus	What To Do	Time
Tai Chi Walking (Mon / Wed / Fri / Sat)	Full sessions. Include turns, arm coordination, and one full minute of standing still — eyes closed, just breathing. End every session this way.	20–25 min
Chair + Breath (Tue)	Seated tai chi followed by breathing. Try 4-7-8 breathing: 4 counts in — 7 hold — 8 out. 4 rounds. Very calming.	15 min
Sunday Wind-Down	10 minutes of slow breathing only. No movement required. This is your recovery day. Let your nervous system reset.	10 min

## PRO TIPS

**Don't watch the clock.** Set a timer and forget it.

**Outdoor walking counts.** Tai chi walking on a sidewalk burns the same calories as indoors.

**Missed a day?** Don't double up. Just do the next session as planned.

**Sore knees?** Go back to chair tai chi. No shame in it. That's what it's there for.

## WEEKLY CHECK-IN TRACKER

Print this page. Check the box after each session.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wk 1	<input type="checkbox"/>						
Wk 2	<input type="checkbox"/>						
Wk 3	<input type="checkbox"/>						
Wk 4	<input type="checkbox"/>						

## WHAT TO EXPECT — REALISTIC TIMELINE

Week 1–2	Week 3–4	Month 2–3
Better sleep. Less joint stiffness in the morning.	Lower stress levels. Noticeably better balance. More energy.	Modest weight change possible. Cortisol drops measurably.