

THE NEW & NOTEWORTHY

Japanese Walking | A 30-Minute Shortcut To Better Fitness

A walking routine first studied in Japan nearly two decades ago is making a comeback and this time, it's going viral. Known as interval walking training (IWT), or "Japanese walking," the method alternates three minutes of fast walking with three minutes at a slower pace for a total of 30 minutes, at least four days a week. The payoff? Significant improvements in blood pressure, aerobic capacity, muscle strength, and more.

BEHIND THE SCIENCE:

Originally developed by researchers at Shinshu University, IWT proved more effective than continuous moderate walking in middle-aged and older adults. Follow-up studies have reinforced the results, showing benefits for cholesterol, BMI, flexibility, sleep quality, cognitive function, and even mood. The structure makes it more achievable than sustaining a high pace for a full half-hour; in fact, the original research team found no one completed that approach.

THE IMPACT:

IWT is efficient, adaptable, and accessible. You don't need expensive gear or a gym membership, just a safe walking route and a timer or landmark system (think: sprint past 10 mailboxes, recover for the next 10). Even 15-minute sessions twice a day can help you build toward the recommended 150 minutes of weekly activity, and the results often rival more time-consuming step goals.

WHAT THIS MEANS FOR LONGEVITY:

Short, structured bouts of higher-intensity walking deliver cardiovascular, metabolic, and mental health gains that stack over time. For those seeking to extend healthspan, IWT offers a realistic way to boost endurance, manage blood pressure, and protect cognitive function - all without the wear-and-tear of more strenuous exercise. Pair it with nature exposure for even greater longevity benefits.

[Read the full *Washington Post* article on the science, technique, and real-world tips for starting your own IWT routine here.](#)