

4 WEEK WALKING **PLAN**



SAT

Rest

SUN

Walk

5

minutes

Kickstart a walking habit and get fit in one month.

THUR

Rest

FRI

Walk

15

minutes

WEEK	MON Walk	TUE	WED Walk
1	5	Rest	10
	minutes		minutes

WEEK 2	MON Walk 10	TUE Rest	WED Walk 20	THUR Recovery	FRI Walk 15	SAT Rest	SUN Walk 10
	minutes		minutes		minutes		minutes

,	WEEK 3	MON Walk 25 minutes	TUE Rest	WED Walk 10 minutes	THUR Recovery	FRI Walk 25 minutes	SAT Rest	SUN Walk 10
		minutes		minutes		minutes		minutes

WEEK	MON	TUE Walk	WED	THUR Walk	FRI	SAT Walk	SUN
4	Rest		Recovery	15	Rest	30 Rest	Rest
		minutes		minutes		minutes	