

4 WEEK WALKING PLAN



Kickstart a walking habit and get fit in one month.

WEEK 1	MON	TUE	WED	THUR	FRI	SAT	SUN
	Walk 5 minutes	Rest	Walk 10 minutes	Rest	Walk 15 minutes	Rest	Walk 5 minutes

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

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

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