# WALKING ~ FOR **BEGINNERS**



# TRAINING PLAN

Day T 10 Min Easy Walk



Day 4 10 Min Brisk Walk



Day 31 20 Min Easy Walk



Day 16 20 Min Easy Walk



 10 Min Easy Walk



Day 7

Rest 15 Min Easy Walk



Day 12

15 Min Easy Walk



Day 17

 15 Min Brisk Walk



Day 3

Day 8

15 Min Easy Walk



Day 13.

15 Min Brisk Walk



Days St.

25 Min Easy Walk



10 Min Brisk Walk



Day 9

10 Min Brisk Walk



Day 14

Rest or 15 Min Easy Walk



Doy 19

20 Min Easy Walk



Day 5 15 Min Easy Walk



Day 10 15 Min Easy Walk



Day 15

 15 Min Easy Walk



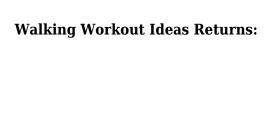
Day 20

20 Min Brisk Walk



# **Walking Workout Ideas Returns**

**Ensheng Dong** 



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