

# YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

| WEEK 1 | MON<br>Walk<br><b>5</b><br>minutes  | TUES<br>Rest                         | WED<br>Walk<br><b>10</b><br>minutes | THUR<br>Rest                         | FRI<br>Walk<br><b>15</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>5</b><br>minutes  |
|--------|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| WEEK 2 | MON<br>Walk<br><b>10</b><br>minutes | TUES<br>Rest                         | WED<br>Walk<br><b>20</b><br>minutes | THUR<br>Recovery                     | FRI<br>Walk<br><b>15</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>10</b><br>minutes |
| WEEK 3 | MON<br>Walk<br><b>25</b><br>minutes | TUES<br>Rest                         | WED<br>Walk<br><b>10</b><br>minutes | THUR<br>Recovery                     | FRI<br>Walk<br><b>25</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>10</b><br>minutes |
| WEEK 4 | MON<br>Rest                         | TUES<br>Walk<br><b>15</b><br>minutes | WED<br>Recovery                     | THUR<br>Walk<br><b>15</b><br>minutes | FRI<br>Rest                         | SAT<br>Walk<br><b>30</b><br>minutes | SUN<br>Rest                         |

## WARM-UP AND RECOVERY EXERCISES:



Standing  
Knee Pull



Standing  
Quad Pull



Hamstring  
Scoop



Runner's  
Calf Stretch

# Walking Workout This Month Sign In

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the name Sebastian Brünink.

**Walking Workout This Month Sign In:**

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Walking Workout This Month Sign In** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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