WALKING W FOR **BEGINNERS**

Day 3

Day 8

Day 13.

15 Min

Easy Walk

15 Min

Easy Walk

Brisk Walk



TRAINING PLAN

Day 1 10 Min Easy Walk



Day 4 10 Min Brisk Walk



DAY 11 20 Min Easy Walk



Day 56 20 Min Easy Walk Day 2 10 Min Easy Walk



Day 7 Rest 15 Min Easy Walk



Day 12 15 Min Easy Walk



Day 17 15 Min Brisk Walk



15 Min



10 Min Brisk Walk



Day 9 10 Min Brisk Walk



Day 54 Rest 15 Min Easy Walk



Day SE 20 Min Easy Walk



Day 5 15 Min Easy Walk



Day 10 15 Min Easy Walk



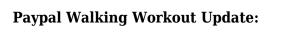
Day 15 15 Min Easy Walk



Day 20 20 Min Brisk Walk

Paypal Walking Workout Update

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