LIVESTRONG". COM

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON Walk 5 minutes	Rest	WED Walk 10 minutes	THUR	Walk 15 minutes	Rest	SUN Walk 5 minutes
WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	10 minutes	Rest	20 minutes	Recovery	15 minutes	Rest	10 minutes
WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	25 minutes	Rest	10 minutes	Recovery	25 minutes	Rest	10 minutes
WEEK 4	MON	TUES	WED	THUR	FRI	SAT	SUN
	Rest	Walk 15 minutes	Recovery	Walk 15 minutes	Rest	Walk 30 minutes	Rest

WARM-UP AND RECOVERY EXERCISES:







Scoop



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Cyndi Targosz

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