

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

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



Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

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S.K PRASOON

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name S.K PRASOON.

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