

Over 50s weight loss WALKING PROGRAM

Week 1

Monday	15 min level 1
Tuesday	Rest day
Wednesday	15 min level 1
Thursday	Rest day
Friday	15 min level 1
Saturday	Rest day
Sunday	15 min level 1

Week 2

Monday	Rest day		
Tuesday	5 min level 1	5 min level 2	5 min level 1
Wednesday	5 min level 1	5 min level 2	5 min level 1
Thursday	Rest day		
Friday	20 min level 1		
Saturday	Rest day		
Sunday	20 min level 1		

Week 3

Monday	Rest day				
Tuesday	5 min level 1	5 min level 2	5 min level 1		
Wednesday	5 min level 1	5 min level 2	5 min level 1		
Thursday	Rest day				
Friday	5 min level 1	5 min level 2	5 min level 1	5 min level 2	5 min level 1
Saturday	Rest day				
Sunday	5 min level 1	5 min level 2	5 min level 1	5 min level 2	5 min level 1

Week 4

Monday	Rest day				
Tuesday	5 min level 1	5 min level 2	5 min level 1		
Wednesday	5 min level 1	5 min level 2	5 min level 1		
Thursday	Rest day				
Friday	5 min level 1	5 min level 2	5 min level 3	5 min level 2	5 min level 1
Saturday	Rest day				
Sunday	5 min level 1	5 min level 2	5 min level 3	5 min level 2	5 min level 1

Week 5

Monday	5 min level 1	5 min level 2	5 min level 1		
Tuesday	5 min level 1	5 min level 2	5 min level 1		
Wednesday	Rest day				
Thursday	5 min level 1	5 min level 2	5 min level 3	5 min level 2	5 min level 1
Friday	Rest day				
Saturday	5 min level 1	5 min level 2	5 min level 3	5 min level 2	5 min level 1
Sunday	5 min level 1	5 min level 2	5 min level 3	5 min level 2	5 min level 1

Week 6

Monday	5 min level 1	5 min level 2	5 min level 1		
Tuesday	Rest day				
Wednesday	5 min level 1	5 min level 2	5 min level 1		
Thursday	4 min level 1	5 min level 2	7 min level 3	5 min level 2	4 min level 1
Friday	4 min level 1	5 min level 2	7 min level 3	5 min level 2	4 min level 1
Saturday	Rest day				
Sunday	4 min level 1	5 min level 2	7 min level 3	5 min level 2	4 min level 1

Fall Boots Weight Loss Plan Ideas

RS Peters



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