



4-WEEK BEGINNER WALKING PLAN

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|-----|------|-------------|------|-------------|------|----------------|-------------|
| W01 | REST | 15 MIN WALK | REST | 15 MIN WALK | REST | 1.5 MILE WALK | 30 MIN WALK |
| W02 | REST | 15 MIN WALK | REST | 15 MIN WALK | REST | 1.75 MILE WALK | 40 MIN WALK |
| W03 | REST | 20 MIN WALK | REST | 20 MIN WALK | REST | 2 MILE WALK | 50 MIN WALK |
| W04 | REST | 20 MIN WALK | REST | 20 MIN WALK | REST | 2.25 MILE WALK | 60 MIN WALK |