

INTERVAL WALKING for FITNESS AND WEIGHT LOSS

Weeks 1-2

Monday	15 mins Level 1				
Wednesday	15 mins Level 1				
Friday	15 mins Level 1				
Saturday	5 mins level 1	5 mins level 2	5 mins level 1	5 mins level 2	10 mins level 1
Sunday	5 mins level 1	5 mins level 2	5 mins level 1	5 mins level 2	10 mins level 1

Weeks 3-4

Monday	5 mins level 1	5 mins level 2	5 mins level 1		
Wednesday	5 mins level 1	5 mins level 2	5 mins level 1		
Friday	5 mins level 1	5 mins level 2	5 mins level 1		
Saturday	5 mins level 1	10 mins level 2	5 mins level 1	5 mins level 2	5 mins level 1
Sunday	5 mins level 1	10 mins level 2	5 mins level 1	5 mins level 2	5 mins level 1

Weeks 5-6

Monday	4 mins level 1	7 mins level 2	4 mins level 1		
Wednesday	4 mins level 1	7 mins level 2	4 mins level 1		
Friday	4 mins level 1	7 mins level 2	4 mins level 1		
Saturday	5 mins level 1	20 mins level 2	5 mins level 1		
Sunday	5 mins level 1	20 mins level 2	5 mins level 1		

*see thefitlook.co.uk
for free printable schedule*

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