

# 4-WEEK

## WALKING RESET PLAN

WEEK

**1**

WALK

**1 – 3 MILES**

PER DAY

**3**

DAYS

WEEK

**2**

WALK

**1 – 4 MILES**

PER DAY

**4**

DAYS

WEEK

**3**

WALK

**1 – 4 MILES**

PER DAY

**5**

DAYS

WEEK

**4**

WALK

**1 – 5 MILES**

PER DAY

**5**

DAYS

**Note:** 1 mile is roughly equivalent to 15 minutes of walking at a brisk pace; exact mileage may vary by individual. stride length and speed.