

# 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 <b>5</b> minutes	Rest	Walk <b>10</b> minutes	Rest	Walk <b>15</b> minutes	Rest	Walk <b>5</b> minutes
WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk <b>10</b> minutes	Rest	Walk <b>20</b> minutes	Recovery	Walk <b>15</b> minutes	Rest	Walk <b>10</b> minutes
WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk <b>25</b> minutes	Rest	Walk <b>10</b> minutes	Recovery	Walk <b>25</b> minutes	Rest	Walk <b>10</b> minutes
WEEK 4	MON	TUES	WED	THUR	FRI	SAT	SUN
	Rest	Walk <b>15</b> minutes	Recovery	Walk <b>15</b> minutes	Rest	Walk <b>30</b> minutes	Rest

## WARM-UP AND RECOVERY EXERCISES:



Standing  
Knee Pull



Standing  
Quad Pull



Hamstring  
Scoop



Runner's  
Calf Stretch