



DAY 1

21-Day

Walking Plan



For Quick Fat Loss



DAY 21

	SUN	MON	TUE	WED	THURS	FRI	SAT
1.	Rest	40 min: 9 min walk • 1 min run	Cross Train	40 min: 9 min walk • 1 min run	Cross Train	Rest	40 min: 9 min walk • 1 min run
2.	Rest	40 min: 9 min walk • 1 min run	Cross Train	40 min: 9 min walk • 1 min run	Cross Train	Rest	40 min: 9 min walk • 1 min run
3.	Rest	40 min: 9 min walk • 1 min run	Cross Train	40 min: 9 min walk • 1 min run	Cross Train	Rest	40 min: 9 min walk • 1 min run
4.	Rest	40 min: 9 min walk • 1 min run	Cross Train	40 min: 9 min walk • 1 min run	Cross Train	Rest	40 min: 9 min walk • 1 min run
5.	Rest	50 min: 8 min walk • 2 min run	Cross Train	50 min: 8 min walk • 2 min run	Cross Train	Rest	50 min: 8 min walk • 2 min run
6.	Rest	50 min: 8 min walk • 2 min run	Cross Train	50 min: 8 min walk • 2 min run	Cross Train	Rest	50 min: 8 min walk • 2 min run
7.	Rest	50 min: 8 min walk • 2 min run	Cross Train	50 min: 8 min walk • 2 min run	Cross Train	Rest	50 min: 8 min walk • 2 min run