

30
Day

WALKING **FOR** **BEGINNERS**

challenge



TRAINING PLAN

| | | | | |
|--|---|---|---|---|
| Day 1 10 Min Easy Walk  | Day 2 10 Min Easy Walk  | Day 3 15 Min Easy Walk  | Day 4 10 Min Brisk Walk  | Day 5 15 Min Easy Walk  |
| Day 6 10 Min Brisk Walk  | Day 7 Rest or 15 Min Easy Walk  | Day 8 15 Min Easy Walk  | Day 9 10 Min Brisk Walk  | Day 10 15 Min Easy Walk  |
| Day 11 20 Min Easy Walk  | Day 12 15 Min Easy Walk  | Day 13 15 Min Brisk Walk  | Day 14 Rest or 15 Min Easy Walk  | Day 15 15 Min Easy Walk  |
| Day 16 20 Min Easy Walk  | Day 17 15 Min Brisk Walk  | Day 18 25 Min Easy Walk  | Day 19 20 Min Easy Walk  | Day 20 20 Min Brisk Walk  |

Walking Workout Ideas

Jiyuan Zhang



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Comprehending as with ease as covenant even more than new will manage to pay for each success. neighboring to, the proclamation as competently as keenness of this Walking Workout Ideas can be taken as capably as picked to act.

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