

BEGINNERS
**21-DAY
WALKING PLAN
FOR WEIGHT LOSS**

WEEK 1: DURATION

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-------------------------|-------------------------|-------------------------|-------------------------|---|---|--|
| 10 minutes EASY PACE | 12 minutes EASY PACE | 15 minutes EASY PACE | 18 minutes EASY PACE | 20 minutes EASY PACE 10 minutes AM/PM | 22 minutes EASY PACE 11 minutes AM/PM | 25 minutes EASY PACE 13/12 minutes AM/PM |

WEEK 2: PACE

| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|---|-----------------------------|--|-----------------------------|---|-----------------------------|---|
| 14 minutes total 2 min EASY 10 min MODERATE 2 min EASY | 16 minutes MODERATE PACE | 18 minutes total 2 min EASY 6 min MODERATE 2 min FAST 6 min MODERATE 2 min EASY | 20 minutes MODERATE PACE | 22 minutes total 4 min EASY 14 min FAST 4 min EASY | 25 minutes MODERATE PACE | 27 minutes total 2 min EASY 3 min MODERATE 17 min FAST 3 min MODERATE 2 min EASY |

WEEK 3: RESISTANCE

| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|----------------------|-----------------------------|--|-----------------------------|--|-----------------------------|---|
| 15 minutes UPHILL | 25 minutes MODERATE PACE | 20 minutes total 17 min UPHILL 3 min FLAT / EASY | 23 minutes MODERATE PACE | 27 minutes total 20 min UPHILL 7 min FLAT / EASY | 30 minutes MODERATE PACE | 33 minutes total 25 min FAST 8 min EASY |

Weight Loss Plan Guide Customer Service

Yijin Wang

Weight Loss Plan Guide Customer Service:

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