

BEGINNERS

21-DAY WALKING PLAN

FOR WEIGHT LOSS

WEEK 1: DURATION

1

10
minutes
EASY
PACE

2

12
minutes
EASY
PACE

3

15
minutes
EASY
PACE

4

18
minutes
EASY
PACE

5

20
minutes
EASY
PACE

10
minutes
AM/PM

6

22
minutes
EASY
PACE

11
minutes
AM/PM

7

25
minutes
EASY
PACE

13/12
minutes
AM/PM

WEEK 2: PACE

8

14
minutes
total
2 min
EASY
10 min
MODERATE
2 min
EASY

9

16
minutes
MODERATE
PACE

10

18
minutes
total
2 min
EASY
6 min
MODERATE
2 min
FAST
6 min
MODERATE
2 min
EASY

11

20
minutes
MODERATE
PACE

12

22
minutes
total
4 min
EASY
14 min
FAST
4 min
EASY

13

25
minutes
MODERATE
PACE

14

27
minutes
total
2 min
EASY
3 min
MODERATE
17 min
FAST
3 min
MODERATE
2 min
EASY

WEEK 3: RESISTANCE

15

15
minutes
UPHILL

16

25
minutes
MODERATE
PACE

17

20
minutes
total
17 min
UPHILL
3 min
FLAT / EASY

18

23
minutes
MODERATE
PACE

19

27
minutes
total
20 min
UPHILL
7 min
FLAT / EASY

20

30
minutes
MODERATE
PACE

21

33
minutes
total
25 min
FAST
8 min
EASY

Weight Loss Plan Walking Workout Guide

Guillaume Favre



Weight Loss Plan Walking Workout Guide:

Weight Loss Plan Walking Workout Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. Weight Loss Plan Walking Workout Guide : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weight Loss Plan Walking Workout Guide : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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