

30
Day

WALKING challenge

FOR BEGINNERS



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 |
| | | | | |

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DJ Losen

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