

**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 This Month

**John Hilton (Surgeon.)**



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