

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

Yicheng Fang



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