

# YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

<b>WEEK 1</b>	<b>MON</b> Walk <b>5</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>10</b> minutes	<b>THUR</b> Rest	<b>FRI</b> Walk <b>15</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>5</b> minutes
<b>WEEK 2</b>	<b>MON</b> Walk <b>10</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>20</b> minutes	<b>THUR</b> Recovery	<b>FRI</b> Walk <b>15</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>10</b> minutes
<b>WEEK 3</b>	<b>MON</b> Walk <b>25</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>10</b> minutes	<b>THUR</b> Recovery	<b>FRI</b> Walk <b>25</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>10</b> minutes
<b>WEEK 4</b>	<b>MON</b> Rest	<b>TUES</b> Walk <b>15</b> minutes	<b>WED</b> Recovery	<b>THUR</b> Walk <b>15</b> minutes	<b>FRI</b> Rest	<b>SAT</b> Walk <b>30</b> minutes	<b>SUN</b> Rest

## WARM-UP AND RECOVERY EXERCISES:



Standing  
Knee Pull



Standing  
Quad Pull



Hamstring  
Scoop



Runner's  
Calf Stretch

# Walking Workout This Month Sign In

**RM Cervero**



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