



30 DAY WALKING CHALLENGE

1 20 minute walk	2 Sunrise walk (any length)	3 25 minute walk	4 Hilly walk or stair walk (any length)	5 20 minute interval walk 1 min fast/ 1 min slow
6 Walk while listening to a podcast (any length)	7 20 minute walk	8 30 minute walk	9 Nature trail walk (any length)	10 25 minute walk ending with lunges and squats
11 30 minute walk	12 Hilly walk or stair walk (any length)	13 35 minute walk	14 Sunset walk (any length)	15 20 minute relaxed walk with stretches at the end
16 30 minute interval walk 1 min fast/ 1 min slow	17 30 minute walk	18 Walk listening to stand up comedy (any length)	19 20 minute walk	20 45 minute walk
21 Nature trail walk (any length)	22 35 minute walk ending with lunges and squats	23 Walk listening to your fav music (any length)	24 45 minute walk	25 Hilly walk or stair walk (any length)
26 20 minute relaxed walk with stretches at the end	27 60 minute walk	28 30 minute interval walk 1 min fast/ 1 min slow	29 Walk in a new location (any length)	30 5K Walk (Try a virtual race!)

Weekly Ad Walking Workout Ideas

J Dewey



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