

30 day WALKING CHALLENGE



Normal walking



Moderately fast walking



Fast walking

| | | | | | |
|--|--|---|--|--|--|
| DAY 1 5 MIN  | DAY 2 6 MIN  | DAY 3 7 MIN  | DAY 4 8 MIN  | DAY 5 9 MIN  | DAY 6 10 MIN  |
| DAY 7 REST | DAY 8 5 MIN  1 MIN  4 MIN  | DAY 9 4 MIN  2 MIN  4 MIN  | DAY 10 4 MIN  3 MIN  3 MIN  | DAY 11 3 MIN  4 MIN  3 MIN  | DAY 12 3 MIN  5 MIN  2 MIN  |
| DAY 13 2 MIN  6 MIN  2 MIN  | DAY 14 REST | DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN  | DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN  | DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN  | DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN  |
| DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN  | DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN  | DAY 21 REST | DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN  | DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN  | DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN  |
| DAY 25 1 MIN  7 MIN  1 MIN  1 MIN  | DAY 26 1 MIN  8 MIN  1 MIN  | DAY 27 1 MIN  9 MIN  1 MIN  | DAY 28 REST | DAY 29 1 MIN  10 MIN  1 MIN  | DAY 30 1 MIN  10 MIN  1 MIN  |

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Walking Workout This Month Download

Robert Wolff



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