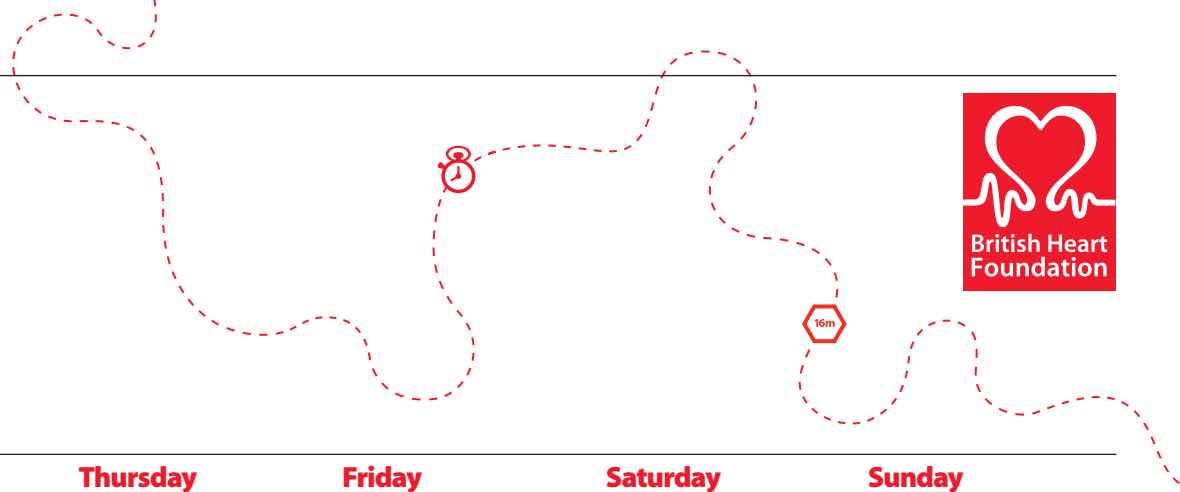










# Walking Getting started

## Training schedule (beginner)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.	Walk 10 mins slow pace	Walk 10 mins medium pace	Walk 10 mins medium pace	 Rest day	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 20 mins slow pace
2.	 Rest day	Walk 15 mins slow pace	Walk 15 mins slow pace	Walk 15 mins slow pace	 Rest day	Walk 15 mins slow pace	Walk 25 mins slow pace
3.	 Rest day	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 10 mins medium pace	Walk 15 mins slow pace	Walk 10 mins medium pace	Walk 30 mins slow pace
4.	 Rest day	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 10 mins medium pace	Walk 40 min slow pace
5.	 Rest day	Walk 15 mins slow pace	Walk 15 mins medium pace	Walk 15 mins medium pace	Walk 20 mins slow pace	Walk 15 mins slow pace	Walk 30 mins slow pace
6.	 Rest day	Walk 10 mins fast pace	Walk 15 mins medium pace	Walk 20 mins medium pace	Walk 20 mins slow pace	Walk 10 mins fast pace	Walk 40 mins slow pace
7.	 Rest day	Walk 15 mins fast pace	Walk 20 mins slow pace	Walk 15 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 40 mins medium pace






# Walking

## Getting started

### Training schedule (beginner)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.	 Rest day	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 50 mins medium pace
9.	 Rest day	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 20 mins medium pace	Walk 15 mins fast pace	Walk 20 mins medium pace	Walk 60 mins medium pace
10.	 Rest day	Walk 25 mins fast pace	Walk 15 mins medium pace	Walk 20 mins fast pace	Walk 20 mins medium pace	Walk 15 mins medium pace	Walk 60-70 mins medium pace. ENJOY yourself

