



BEGINNING WALKING

8 Week Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	WALK 15 - 20 Minutes	WALK 25 Minutes	WALK or CROSS TRAIN	WALK 20 Minutes	REST	WALK 2 Miles or 25 Minutes	REST
WEEK 2	WALK 20 Minutes	REST or CROSS TRAIN	WALK 20 - 25 Minutes	WALK 30 Minuts	REST	WALK 2 Miles or 25 Minutes	REST
WEEK 3	WALK 30 Minutes	WALK 2 Miles or 25 Minutes	WALK or CROSS TRAIN	WALK 2 - 3 Miles or 20 -25 Minutes	REST	WALK 2 -3 Miles or 25 - 30 Minutes	REST
WEEK 4	WALK 30 Minutes	Walk 2 Miles or 25 Minutes	Walk or Cross Train	Walk 2 - 3 Miles or 20 -25 Minutes	REST	Walk 3 Miles or 30 -40 Minutes	REST
WEEK 5	WALK 2 Miles or 25 Minutes	WALK 3 Miles or 30 - 35 Minutes	WALK or CROSS TRAIN	WALK 30 Minutes	REST or CROSS TRAIN	WALK 3 - 4 Miles or 30 - 40 Minutes	REST
WEEK 6	WALK 30 Minutes	WALK 3 Miles or 30 - 35 Minutes	REST Cross Train	WALK 30 Minutes	REST or Cross Train	WALK 3 - 4 Miles or 30 - 40 Minutes	REST
WEEK 7	WALK 3 Miles or 30 Minutes	WALK or CROSS TRAIN	WALK or 30 Minutes	WALK 2 - 3 Miles or 20 - 30 Minutes	REST	WALK 4 - 5 Miles or 30 - 40 Minutes	REST
WEEK 8	WALK 30 Minutes	WALK 2 - 3 Miles or 20 - 30 Minutes	WALK		REST	WALK 30 Minutes	REST

Consult a physician before beginning any exercise program.