

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

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

WARM-UP AND RECOVERY EXERCISES:



Standing Knee Pull



Standing Quad Pull



Hamstring Scoop



Runner's Calf Stretch

Weekly Ad Walking Workout Best

Jiyuan Zhang

Weekly Ad Walking Workout Best:

The Best Friends' Guide to Getting Fit Kim Murphy,Kris Carpenter,2004-11 As featured in *Budget Savvy* Two out of shape women became fit for life and best friends by exercising together now you and a chosen friend can too *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit *Weekly Commercial News* ,1918 *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2007

Walking for Fitness Marnie Caron,Sport Medicine Council of British Columbia,2007 Walking is the most popular physical activity in North America and for good reason it can be done by people of all ages and all levels of physical ability the risk of injury is low and it doesn t require a carload of expensive equipment Best of all brisk walking for just 30 minutes four times a week reduces the risk of heart disease diabetes obesity osteoporosis and other health problems This comprehensive guide helps readers make the most of their walking It offers two step by step programs developed by fitness professionals advice on shoes clothing nutrition and routes tips on staying motivated and avoiding injury stories from real life walkers and ways to include friends and family Whether the goal is to return to activity reduce the risk of illness and injury or to minimize one s impact on the environment this encouraging book helps readers put their best foot forward *Prevention* ,2006-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets *Walk Off Weight* Andrew Cate,2011-02-01 An eight week program that can be customised to suit different body types and lifestyles Walking is the least daunting form of exercise It s cheap it s easy on the knees and requires no sporty coordination Learn how to walk for fun for good health for fitness and for weight loss Here is an eight week program that can be customised to suit different body types and lifestyles Now there s no excuse to get moving

The Complete Idiot's Guide to Walking for Health Erika Peters,2000-03-01 This guide walks readers through an easy safe and inexpensive way to fitness discussing the importance of stretching what clothing to wear and where to walk safely and offers walking programs that readers can co ordinate their lives around or fit into their busy schedule *Shapewalking* Marilyn L. Bach,2003 **Shoe Retailer and Boots and Shoes Weekly** ,1904 **Harper's Weekly** John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1870 *Total Sexual Fitness for Women* Kathryn Lance,Maria Agardy,1981 *Walk It Off!* Mark Fenton,2002 **Newsletter** ,1986

Harper's Weekly ,1876 **Good Housekeeping** ,1920 *Aviation Week & Space Technology* ,1922 Includes a mid December issue called Buyer guide edition **T.P.'s Weekly** ,1906 *Billboard Music Week* ,1929 **Editor & Publisher** ,1924 The fourth estate

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