

## Walking Plan

Use this plan to start a walking program over 30 days:

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	10 minutes	15 minutes	10 minutes	15 minutes	10 minutes	10 minutes
2	Rest	15 minutes	20 minutes	15 minutes	20 minutes	15 minutes	15 minutes
3	Rest	20 minutes	30 minutes	20 minutes	30 minutes	20 minutes	20 minutes
4	Rest	30 minutes	30 minutes	35 minutes	30 minutes	30 minutes	40 minutes

*Note: This plan is for people who currently aren't exercising at all and want to ease into getting fit.*