

# GET-MOVING WALKING PLAN

**LEVEL:**  
Beginner

**SESSION TIMES:**  
30 to 35 minutes

| Week     | Sun                                                                       | Mon                                                                                                                                           | Tue                                                                                             | Wed                                                                                                                                    | Thu                                                                                                                            | Fri                                                                                            | Sat                                                                       |
|----------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>1</b> | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 | Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of <b>30 minutes</b> .<br><b>RPE</b> : 6 | Walk or cross-train* for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5 | Walk for 15 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of <b>30 minutes</b> .<br><b>RPE</b> : 5–7 | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5                                                      | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5 | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 |
| <b>2</b> | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 | Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of <b>30 minutes</b> .<br><b>RPE</b> : 6 | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5  | Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–7 | Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–6 | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5 | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 |
| <b>3</b> | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 | Walk for 5 minutes at a moderate pace, then go briskly for 10. Repeat 2x more for a total of <b>30 minutes</b> .<br><b>RPE</b> : 6            | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5  | Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–7 | Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–6 | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5 | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 |
| <b>4</b> | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 | Walk for 9 minutes briskly; recover for 1 minute. Repeat 2x more, for a total of <b>30 minutes</b> .<br><b>RPE</b> : 6                        | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5  | Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–7 | Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of <b>35 minutes</b> .<br><b>RPE</b> : 5–6 | Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice.<br><b>RPE</b> : 5 | Walk at a steady, moderate pace for <b>30 minutes</b> .<br><b>RPE</b> : 5 |

★ **RPE:** Rate of Perceived Exertion. RPE is a self-measurement of how hard you feel you're working out, with 0 being no effort and 10 being heart-pounding, sweat-dripping super hard. Aiming for an RPE of at least 5 will help produce the best weight-loss results.

★★ **Cross-train:** Choose an activity, other than walking, that you enjoy. It can be cardio or resistance moves—anything from swimming to yoga.

# Walking Workout This Week Tutorial

**Daniel Ford,Adam Dickson**



## **Walking Workout This Week Tutorial:**

This book delves into Walking Workout This Week Tutorial. Walking Workout This Week Tutorial is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Walking Workout This Week Tutorial, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Walking Workout This Week Tutorial
  - Chapter 2: Essential Elements of Walking Workout This Week Tutorial
  - Chapter 3: Walking Workout This Week Tutorial in Everyday Life
  - Chapter 4: Walking Workout This Week Tutorial in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Walking Workout This Week Tutorial. The first chapter will explore what Walking Workout This Week Tutorial is, why Walking Workout This Week Tutorial is vital, and how to effectively learn about Walking Workout This Week Tutorial.
3. In chapter 2, this book will delve into the foundational concepts of Walking Workout This Week Tutorial. The second chapter will elucidate the essential principles that must be understood to grasp Walking Workout This Week Tutorial in its entirety.
4. In chapter 3, this book will examine the practical applications of Walking Workout This Week Tutorial in daily life. This chapter will showcase real-world examples of how Walking Workout This Week Tutorial can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Walking Workout This Week Tutorial in specific contexts. This chapter will explore how Walking Workout This Week Tutorial is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Walking Workout This Week Tutorial. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout This Week Tutorial.

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## **Walking Workout This Week Tutorial Introduction**

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