WALKING ~ FOR **BEGINNERS**



TRAINING PLAN

Day T 10 Min Easy Walk



Day 4 10 Min Brisk Walk



Day 31 20 Min Easy Walk



Day 16 20 Min Easy Walk Day 2 10 Min Easy Walk



Day 7 Rest 15 Min Easy Walk



Day 12 15 Min Easy Walk



Day 17 15 Min Brisk Walk



15 Min Easy Walk



Day 8 15 Min Easy Walk



Day 13. 15 Min Brisk Walk



Days St. 25 Min Easy Walk



10 Min Brisk Walk



Day 9 10 Min Brisk Walk



Day 14 Rest or 15 Min Easy Walk



Doy 19 20 Min Easy Walk



Day 5 15 Min Easy Walk



Day 10 15 Min Easy Walk



Day 15 15 Min Easy Walk



Day 20 20 Min Brisk Walk

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Trudie-Pearl Sturgess

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