



4-WEEK WALKING CHALLENGE

Get your steps up – and all the feel-good benefits – of daily time outdoors



WEEK 1

MONDAY

3 X 10-MIN WALKS,
EASY PACE

TUESDAY

30-MIN WALK, BRISK

WEDNESDAY

30-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

30-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 30-MIN WALKS,
EASY PACE

SUNDAY

60-MIN WALK,
BRISK

WEEK 2

MONDAY

3 X 20-MIN WALKS,
EASY PACE

TUESDAY

1 X 30-MIN WALK,
BRISK + 1 X 15-MIN
WALK, EASY PACE

WEDNESDAY

35-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

35-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 40-MIN WALKS,
EASY PACE

SUNDAY

75-MIN WALK,
BRISK

WEEK 3

MONDAY

4 X 15-MIN WALKS,
EASY PACE

TUESDAY

1 X 30-MIN WALK,
BRISK + 1 X 30-MIN
WALK, EASY PACE

WEDNESDAY

40-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

40-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 45-MIN WALKS,
EASY PACE

SUNDAY

90-MIN WALK,
BRISK

WEEK 4

MONDAY

4 X 20-MIN WALKS,
EASY PACE

TUESDAY

1 X 40-MIN WALK,
BRISK + 1 X 30-MIN
WALK, EASY PACE

WEDNESDAY

2 X 30-MIN WALKS,
BRISK + STRENGTH
WORKOUT

THURSDAY

2 X 30-MIN WALKS,
BRISK + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 60-MIN WALKS,
EASY PACE

SUNDAY

105-MIN WALK,
BRISK

Walking Workout Weight Loss Plan This Week

Joacim Rocklöv



Walking Workout Weight Loss Plan This Week:

Reviewing **Walking Workout Weight Loss Plan This Week**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Walking Workout Weight Loss Plan This Week**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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