

# 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> . <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> . <b>RPE:</b> 6	Walk or cross-train* for <b>30 minutes</b> —or take the day off. Your choice. <b>RPE:</b> 5	Walk for 10 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of <b>30 minutes</b> . <b>RPE:</b> 5–7	Walk at a steady, moderate pace for <b>30 minutes</b> . <b>RPE:</b> 5	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <b>RPE:</b> 5	Walk at a steady, moderate pace for <b>30 minutes</b> . <b>RPE:</b> 5
<b>2</b>	Walk at a steady, moderate pace for <b>30 minutes</b> . <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> . <b>RPE:</b> 6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <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> . <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> . <b>RPE:</b> 5–6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <b>RPE:</b> 5	Walk at a steady, moderate pace for <b>30 minutes</b> . <b>RPE:</b> 5
<b>3</b>	Walk at a steady, moderate pace for <b>30 minutes</b> . <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> . <b>RPE:</b> 6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <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> . <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> . <b>RPE:</b> 5–6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <b>RPE:</b> 5	Walk at a steady, moderate pace for <b>30 minutes</b> . <b>RPE:</b> 5
<b>4</b>	Walk at a steady, moderate pace for <b>30 minutes</b> . <b>RPE:</b> 5	Walk for 9 minutes briskly; recover for 1 minute. Repeat 2x more, for a total of <b>30 minutes</b> . <b>RPE:</b> 6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <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> . <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> . <b>RPE:</b> 5–6	Walk or cross-train for <b>30 minutes</b> —or take the day off. Your choice. <b>RPE:</b> 5	Walk at a steady, moderate pace for <b>30 minutes</b> . <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

**Jin-Ying Zhang**



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