

GET-MOVING WALKING PLAN

LEVEL:
Beginner

SESSION TIMES:
30 to 35 minutes

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

Tobias Bleicker



Walking Workout This Week Tutorial:

The Enigmatic Realm of **Walking Workout This Week Tutorial**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Walking Workout This Week Tutorial** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those who partake in its reading experience.

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