

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

J Rink



Walking Workout This Week Tutorial:

Walking Workout This Week Tutorial Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Walking Workout This Week Tutorial**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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Walking Workout This Week Tutorial Introduction

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