

BEGINNERS

21-DAY WALKING PLAN

FOR WEIGHT LOSS

WEEK 1: DURATION

1	2	3	4	5	6	7
10 minutes EASY PACE	12 minutes EASY PACE	15 minutes EASY PACE	18 minutes EASY PACE	20 minutes EASY PACE	22 minutes EASY PACE	25 minutes EASY PACE
				10 minutes AM/PM	11 minutes AM/PM	13/12 minutes AM/PM

WEEK 2: PACE

8	9	10	11	12	13	14
14 minutes total 2 min EASY 10 min MODERATE 2 min EASY	16 minutes MODERATE PACE	18 minutes total 2 min EASY 6 min MODERATE 2 min FAST 6 min MODERATE 2 min EASY	20 minutes MODERATE PACE	22 minutes total 4 min EASY 14 min FAST 4 min EASY	25 minutes MODERATE PACE	27 minutes total 2 min EASY 3 min MODERATE 17 min FAST 3 min MODERATE 2 min EASY

WEEK 3: RESISTANCE

15	16	17	18	19	20	21
15 minutes UPHILL	25 minutes MODERATE PACE	20 minutes total 17 min UPHILL 3 min FLAT / EASY	23 minutes MODERATE PACE	27 minutes total 20 min UPHILL 7 min FLAT / EASY	30 minutes MODERATE PACE	33 minutes total 25 min FAST 8 min EASY