

CHOOSE
2 WALK

WALKING: A BEGINNER'S WORKOUT

This Beginner's Workout will have you walking longer, farther, and with more intensity than you ever thought possible! If you are comfortable starting at a higher level than level 1, please do. Work up to the full 30 minutes. It is fine to combine two walks in the same day to equal 30 total minutes of walking.

WORKOUT	WARM UP	WALK TIME	COOL DOWN
1	5 MINUTES	5 MINUTES	5 MINUTES
2	5 MINUTES	7 MINUTES	5 MINUTES
3	5 MINUTES	9 MINUTES	5 MINUTES
4	5 MINUTES	11 MINUTES	5 MINUTES
5	5 MINUTES	13 MINUTES	5 MINUTES
6	5 MINUTES	15 MINUTES	5 MINUTES
7	5 MINUTES	17 MINUTES	5 MINUTES
8	5 MINUTES	19 MINUTES	5 MINUTES
9	5 MINUTES	21 MINUTES	5 MINUTES
10	5 MINUTES	24 MINUTES	5 MINUTES
11	5 MINUTES	27 MINUTES	5 MINUTES
12	5 MINUTES	30 MINUTES	5 MINUTES