

Beginner Walking Program



DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
March 27-April 2	Walk 1 hr 45 min	Walk 1hr 45 min	Walk 3 hours
April 3-9	Walk 2 1/2 hours	Walk 2 1/2 hours	Walk 4 hours
April 10-16	Walk 2 hours	Walk 2 hours	Walk 3 1/2 hours
April 17-23	Walk 1 1/2 hr	Walk 1 1/2 hr	Walk 2 hours
April 24-30	Walk 1 hour	Walk 1 hour	Marathon!!!