

# Beginner Walking Program



## 17 Week Program Begins

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 1-7	Walk 20 Minutes	Walk 20 Minutes	Walk 25 Minutes
January 8-14	Walk 25 Minutes	Walk 25 Minutes	Walk 30 Minutes
January 15-21	Walk 30 Minutes	Walk 30 Minutes	Walk 35 Minutes
January 22-28(Recovery Wk)	Walk 20 Minutes	Walk 20 Minutes	Walk 25 Minutes
If new to walking, walk first two weeks on the track or soft service.			