

MWR

# Walk This Way

## Beginner Walking Plan



MWR Trainer Tip: Start slowly and ease into this walking plan, then work up to a brisk walk.

WEEK	MINUTES PER DAY	NUMBER OF DAYS
Week 1	10	4
Week 2	10	4
Week 3	15	5
Week 4	20	5
Week 5	30	5
Week 6	25	6
Week 7	30	5
Week 8	35	5