



# Walking Plan

## BEGINNER

Week	Walking Duration	Intensity	Goal for the Week	Rest Days
Week 1	10 minutes per day	Easy, comfortable pace	Build consistency, walk 5 days this week	2 days
Week 2	15 minutes per day	Steady pace, slightly increased effort	Improve endurance, focus on posture & breathing	2 days
Week 3	20 minutes per day	Add 2-minute brisk intervals	Introduce short bursts of faster walking to build stamina	2 days
Week 4	25 minutes per day	Maintain steady pace	Walk longer without stopping, stay consistent	2 days
Week 5	30 minutes per day	Moderate pace, brisk intervals	Increase overall endurance and step count	1-2 days
Week 6	30–35 minutes per day	Brisk walking with 5-minute faster intervals	Improve pace; challenge yourself with small inclines	1 day