

4 WEEK WALKING TRAINING PROGRAMME

WRITTEN FOR COMBAT STRESS

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------|--|--|-----------|---|--|-----------------------------|---|
| 1 | Rest | Power walk 1 min, normal walk 2 min, repeat 6 times for a total of 18 minutes | Rest | Power walk 1 min, normal walk 2 min, repeat 8 times for a total of 24 minutes. | 10 press-ups, 10 sit-ups, 10 lunges. Repeat 3 times. | Rest | Power walk 1 min, normal walk 1 min, repeat 10 times for a total of 20 minutes. |
| 2 | 10 press-ups, 10 sit-ups, 10 lunges. Repeat 3 times. | Power walk 2 min, normal walk 4 min, repeat 5 times for a total of 30 minutes | Rest | Power walk 1 min, normal walk 1 min, repeat 10 times for a total of 20 minutes. | 10 press-ups, 10 sit-ups, 10 lunges. Repeat 4 times. | Rest | Power walk 1 min, normal walk 1 min, repeat 15 times for a total of 30 minutes. |
| 3 | 10 press-ups, 10 sit-ups, 10 lunges. Repeat 4 times. | Power walk 3 min, normal walk 3 min, repeat 5 times for a total of 30 minutes | Rest | Power walk 5 min, normal walk 3 min, repeat 3 times for a total of 24 minutes. | 10 press-ups, 10 sit-ups, 10 lunges. Repeat 5 times. | 10 burpees. Repeat 3 times. | Power walk 7 min, normal walk 2 min, repeat 3 times for a total of 27 minutes. |
| 4 | 10 press-ups, 10 sit-ups, 10 lunges, 10 burpees. Repeat 3 times. | Power walk 10 min, normal walk 2 min, repeat 4 times for a total of 48 minutes | Rest | Power walk 12 min, normal walk 2 min, repeat 2 times for a total of 28 minutes. | 10 press-ups, 10 sit-ups, 10 lunges, 10 burpees. Repeat 3 times. | Rest | Power walk 15 min, normal walk 2 min, repeat 3 times for a total of 51 minutes. |

