



10KM WALKING PLAN

SEPTEMBER

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	30MIN WALK	REST	30MIN WALK	REST	30MIN WALK	REST	5KM WALK
WEEK 2	30MIN WALK	REST	40MIN WALK	REST	30MIN WALK	REST	6KM WALK
WEEK 3	30MIN WALK	REST	10MIN WARMUP 30MINS HARD 5MIN COOL DOWN	REST	30MIN SPEED WALK	REST	7KM WALK
WEEK 4	30MIN WALK	REST	10MIN WARMUP 40MINS HARD 5MINS COOL DOWN	REST	30MIN SPEED WALK	REST	8KM WALK

**Disclaimer: to begin this plan make sure you are a regular walker and can complete atleast 1 hour of walking without a break*



10KM WALKING PLAN

NOVEMBER

MON

TUE

WED

THU

FRI

SAT

SUN

WEEK 5

30MIN WALK

REST

**10MINS WARMUP
50MINUTES HARD
10MINS COOL
DOWN**

REST

**30MIN
SPEED WALK**

REST

**9KM
WALK**

WEEK 6

REST

30MIN WALK

REST

30MIN WALK

REST

**10KM
WALK**



**Disclaimer: to begin this plan make sure you are a regular walker and can complete atleast 1 hour of walking without a break*