



Total Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Speed walk (20 min)	Walk Intervals (25 min)	Speed walk (20 min)	Walk Intervals (25 min)	Speed walk (25 min)	Walk Intervals (25 min)	REST DAY
WEEK 2	Speed walk (25 min)	Walk Intervals (30 min)	Speed walk (25 min)	Walk Intervals (30 min)	Speed walk (30 min)	Walk Intervals (30 min)	REST DAY
WEEK 3	Speed walk (30 min)	Walk Intervals (35 min)	Speed walk (30 min)	Walk Intervals (35 min)	Speed walk (35 min)	Walk Intervals (35 min)	REST DAY
WEEK 4	Speed walk (35 min)	Walk Intervals (40 min)	Speed walk (35 min)	Walk Intervals (40 min)	Speed walk (40 min)	Walk Intervals (40 min)	REST DAY
WEEK 5	Cardio Workout (30 min)	Strength Workout (30 min)					



Workout Plan