

# Beginner Walking Program



<b>DATE</b>	<b>Tuesday or Wed.</b>	<b>Thursday or Friday</b>	<b>SUNDAY</b>
<b>March 26-April 1</b>	Walk 1 hr 45 min	Walk 1hr 45 min	Walk 3 hours
<b>April 2-8</b>	Walk 2 1/2 hours	Walk 2 1/2 hours	Walk 4 hours
<b>April 9-15</b>	Walk 2 hours	Walk 2 hours	Walk 3 1/2 hours
<b>April 16-22</b>	Walk 1 1/2 hr	Walk 1 1/2 hr	Walk 2 hours
<b>April 23-29</b>	Walk 1 hour	Walk 1 hour	<b>Marathon!!!</b>