



FIT and GREENE!
Summer Fitness Program
Beginner Walking Schedule

| WEEK | SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | 15 min | 15 min | 20 min | 15 min | 20 min | 15 min | 20 min |
| 2 | 15 min | 20 min | 20 min | 15 min | 20 min | 15 min | 25 min |
| 3 | 15 min | 25 min | 20 min | 15 min | 25 min | 20 min | 25 min |
| 4 | 20 min | 30 min | 20 min | 20 min | 25 min | 20 min | 30 min |
| 5 | 20 min | 30 min | 30 min | 20 min | 30 min | 20 min | 35 min |
| 6 | 25 min | 30 min | 30 min | 25 min | 30 min | 25 min | 40 min |
| 7 | 25 min | 30 min | 40 min | 30 min | 30 min | 30 min | 40 min |
| 8 | 25 min | 30 min | 40 min | 30 min | 40 min | 30 min | 50 min |
| 9 | 30 min | 40 min | 40 min | 30 min | 40 min | 40 min | 50 min |
| 10 | 30 min | 40 min | 50 min | 30 min | 50 min | 40 min | 50 min |
| 11 | 40 min | 40 min | 50 min | 40 min | 50 min | 40 min | 50 min |
| 12 | 40 min | 40 min | 60 min | 40 min | 60 min | 40 min | 60 min |

Source: <http://www.thewalkingsite.com/12week.html>