

Mother Nature might have put walking outdoors on hold for a bit, but that doesn't mean you have to give up your walking routine until the weather warms. Instead, jump on that treadmill and follow this 30-day walking plan designed by Lisa Kinder, fitness trainer in Los Angeles and creator of the 10 Minute Solution: High Intensity Interval Training DVD. Worried about getting bored? Not with this program. You'll mix it up with a different walk every day—burning calories, building muscle and getting fitter in just one month. So lace up those shoes and get your walk on!

## YOUR 30-DAY WALKING PLAN

## Spend five minutes warming up and cooling down before and after each walk. DAY 3 **DAY 4** DAY 5 DAY 1 DAY 2 Easy walk for Day off from Hill walk for Day off from Walk for 1 mile **30 minutes** walking **30** minutes walking Keep an eye on your pace and Do light stretching Use your Fitbit Do light stretching Start at your pace time during this or the treadmill for 30 minutes. for 30 minutes; from Day 1; then walk, and log it. then hold a plank dashboard alternate between By the end of this for 30 seconds. to track your three minutes plan, you'll be three times. with no incline walking your and three minutes fastest mile. with a 1% to 5% incline until you hit 30 minutes. DAY 6 **DAY 10** DAY 7 DAY 8 DAY 9 Day off from **Fat-burning** Interval walk Easy walk for Walk for 2 miles 40 minutes for 30 minutes walk for walking Keep an eye on 35 minutes See box below. your pace during Do light stretching for 30 minutes; See box below. the first mile of then hold a plank this walk and log it for 30 seconds, for use on Day 11. three times. **DAY 11 DAY 12 DAY 13 DAY 14 DAY 15** Hill walk for Day off from Interval walk **Fat-burning** Walk for 3 miles walk for for 30 minutes walking 40 minutes Calculate your 35 minutes Do light stretching pace during the Start at your pace for 30 minutes. from Day 8; then first mile and log it alternate between to use on Day 18.

a 3% to 8% incline until you complete 40 minutes.				
DAY 16	DAY 17	<b>DAY 18</b>	DAY 19	DAY 20
Easy walk for 50 minutes	Day off from walking Do light stretching for 30 minutes; hold a plank for 45 seconds, three times.	Hill walk for 50 minutes For the first mile, walk at your pace from Day 15; then alternate between five minutes with no incline and five minutes with a 4% to 8% incline until you hit 50 minutes.	Day off from walking Do light stretching for 30 minutes.	Fat-burning walk for 35 minutes
DAV 21	DAV 22	DAV 27	DAV 24	DAV 25

	DAY 21 Interval walk	DAY 22 Walk for 4 miles	minutes with a 4% to 8% incline until you hit 50 minutes.  DAY 23  Easy walk for	DAY 24  Day off from	DAY 25 Hill walk for
	for 30 minutes	Keep an eye on your pace during the first mile of this walk and log it for use on Day 25.	GO minutes Use your Fitbit or the treadmill dashboard to track your distance.	walking Do light stretching for 30 minutes; hold a plank for 60 seconds, three times.	60 minutes Start at your pace from Day 22 for the first mile; then alternate between six minutes with no incline and six minutes with a 5% to 10% incline until you complete 60 minutes.
	<b>DAY 26</b>	DAY 27	<b>DAY 28</b>	DAY 29	<b>DAY 30</b>

	your pace do the first mile this walk and for use on D	of or the dash alog it dash ay 25. to the	your Fitbit ne treadmill nboard rack your ance.	Do light stre for 30 minut hold a plank 60 seconds, times.	res; from the three alters six no six 5% unt	rt at your pace m Day 22 for first mile; then ernate between minutes with incline and minutes with a to 10% incline il you complete minutes.
<b>DAY 26</b>	DAY 2	7	<b>DAY 28</b>	DAY 2	9	DAY 30
Day off from walking Do light stretching for 30 minutes.	Fat-burnin walk for 35 minutes	for	erval walk 30 minutes	Walk for 5 Track the pa of your first which should your fastest the month.	ce 60 mile, Use or to das you and mu	sy walk for minutes e your Fitbit the treadmill shboard to track our distance disee just how ch progress of the control of the
			_			
Fat-Burning Walk				Interval Walk		
Time	Speed	Incline	Time	Sp	eed	Incline
4 min	3.0 mph	0%		Ea	sv walk	0%

3 min

Fat-Burning Walk				
Time Speed		Incline		
4 min	3.0 mph	0%		
1 min	4.5 mph	2%		
3 min	3.0 mph	3%		
1 min	4.5 mph	5%		
3 min	3.0 mph	5%		
1 min	4.0 mph	6%		
3 min	3.0 mph	7%		
1 min	4.0 mph	7%		
3 min	3.0 mph	6%		
1 min	4.0 mph	5%		
3 min	3.0 mph	5%		
1 min	4.5 mph	3%		
4 min	3.0 mph	2%		

four minutes with no incline and four minutes with

Interval Walk				
Time	Incline			
3 min	Easy walk	0%		
1 min	3.0 mph	0%		
1 min	3.2 mph	0%		
1 min	3.4 mph	0%		
1 min	3.6 mph	0%		
1 min	3.8 mph	0%		
1 min	4.0 mph	0%		
3 min	Easy pace	0%		
2 min	3.2 mph	1%		
1 min	3.2 mph	2%		
1 min	3.4 mph	2%		
2 min	3.4 mph	3%		
3 min	Easy pace	0%		
2 min	3.0 mph	6%		
1 min	3.0 mph	7%		
1 min	3.2 mph	7%		
2 min	3.2 mph	8%		

Easy walk

0%