4 WEEK & WALKING PLAN FOR BEGINNERS



Try the warm-up from my DVD, "Just Walk: The Tone Every Zone Walk," any day before you start your walk.

DAY 2 -

ightarrow 3 MILES

Here are a couple of my favorite songs for distance walking: "Ain't No Stoppin' Us Now" is a nice starter. "Disco Inferno" kicks it up a bit. Go ahead and dance if you feel like it!

DAY 3 -

ightarrow 2 MILES

Add an ab session after your walk today. Try 3 sets of planks—hold for 30 seconds each, or as long as you can hold.

BOOST A 1-MILE WALK DAY 4 \longrightarrow with Jogging intervals

Time your jogging intervals so you know how much jogging you can do to push without exhausting yourself. Aim to increase the length of the jogs throughout the month.

DAY 5 –



Power walk in the mall with your friends.

DAY 6 \longrightarrow 4 MILES TOTAL:

Walk 2 miles in the a.m. and 2 miles in the p.m. Try my DVD, %"The Big Burn," for 2 miles with intervals.

DAY 7 ightarrow ENJOY A WELL-DESERVED DAY OFF

$\mathbf{DAY8} =$

ightarrow 2 MILES

Add an ab session after your walk today. Try 3 sets of 20 crunches, or as many as you can until fatigue sets in.

DAY 9 \longrightarrow **20 MINUTES**

About 7 up-tempo songs will help the walk fly by. "I Got You (I Feel Good)" and "Takin' It to the Streets" always boost my mood.

DAY 10 -

ightarrow 4 MILES

Invite a friend to walk with you.

DAY 11 \longrightarrow 1 MILE \longrightarrow

Add an ab session after your walk today. Try the % 3 moves from my "Ultimate 5 Day Walk Plan" DVD.

DAY12 -

ightarrow 2 MILES

An after-dinner walk with family is good for the heart.

$\mathbf{DAY}\mathbf{13}$ –

 \longrightarrow 3 MILES

How about putting "New Attitude" on your iPod and incorporating one into your strut?

DAY 14 —

BOOST A 1-MILE WALK WITH JOGGING INTERVALS

My % "Radio Remixes" makes that a snap. Simply keep to the beat.

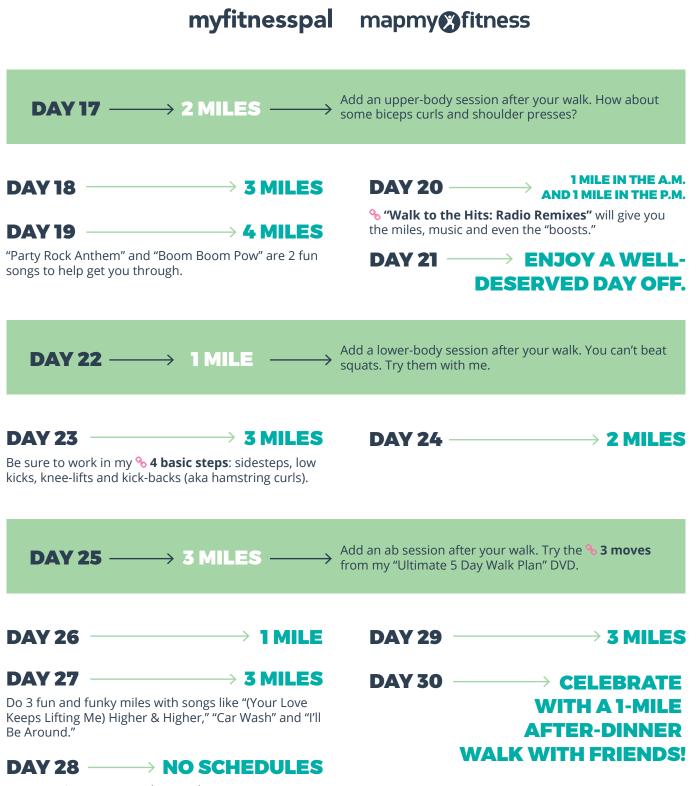
DAY 15 _____

ightarrow 3 MILES

Be sure to work in my % 4 basic steps: sidesteps, low kicks, knee-lifts and kick-backs (aka hamstring curls).



Try my % "Belly Blasting Walk": After the 2 fast miles, do the belly-flattening moves.



Eat, rest, sing, pray. Do what you love.

If you like my song suggestions, you can find them all on my new

% WALK TO THE BEAT MP4 PLAYER.