

Your 30 Days to 30 Minutes Training Programme	
Day 1	Go out and walk for 15 minutes at easy pace
Day 2	Go out and walk for 20 minutes at esay pace
Day 3 &	Repeat days 1 and 2
Day 5	Walk easy for 10 minutes Walk steady for 10 minutes Walk easy for 5 minutes
Day 6	Walk fro 20 minutes at easy pace
Day 7	Walk easy for 5 minutes, steady for 5 minutes, easy for 2 minutes steady for 2 minutes easy for 5 minutes
Day 8	Walk easy for 5 minutes steady for 10 minutes, briskly for 3 minutes easy for 5 minutes
Day 9	Walk easy for 10 minutes, briskly for 5 minutes, easy for 5 minutes
Day 10	Walk easy for 5 minutes, steady for 15 minutes, easy for 5 minutes
Day 11	Walk easy for 5 minutes, steady for 5 minutes, briskly for 5 minutes, easy for 2 minutes, briskly for 2 minutes, easy for 5 minutes
Day 12	Walk easy for 10 minutes, steady for 5 minutes, briskly for 5 minutes, steady for 5 minutes, easy for 5 minutes
Day 13	Walk easy for 5 minutes, briskly for 10 minutes, easy for 5 minutes, briskly for 10 minutes, easy for 5 minutes
Day 14	Walk easy for 5 minutes, then (steady for 2 minutes and briskly for 2 minutes) repeat this 5 times, then easy for 5 minutes
Day 15	Walk easy for 10 minutes, briskly for 15 minutes easy for 5 minutes
Day 16	Walk at a steady pace for minutes, then (walk briskly for 60 seconds and jog for 2 minutes) repeat 5 times. Walk steady for 5 minutes
Day 17	Walk at a steady pace for 5 minutes the (walk briskly for 60 seconds jog lightly for 60 seconds) Repeat 5 times. Walk easy for 5 minutes
Day 18	Walk steady for 5 minutes. Walk briskly for 5 minutes (jog for 2 minutes walk briskly for 60 seconds, jog for 2 minutes) Repeat 4 times. Walk easy for 5 minutes.
Day 19	Walk easy for 5 minutes, jog lightly for 4 minutes,walk steady for 4 minutes, jog lightly for 4 minutes, walk steady for 4 minutes, jog lightly for 4 minutes, walk easy for 5 minutes.
Day 20	Walk easy 5 minutes, jog 1 minute, walk 1 minute, jog 2 minutes, walk 2 minutes, jog 3 minutes, walk 3 minutes, jog 4 minutes, walk 4 minutes jog 5 minutes walk steady 10 minutes

Day 21	Walk steady 10 minutes, (jog 7 minutes, walk easy 2 minutes) repeat 3 times, walk easy 5 minutes
Day 22	Walk steady 5 minutes, jog 12 minutes, walk easy 3 minutes, jog 10 minutes, walk 5 minutes easy
Day 23	Jog 5 minutes, walk briskly 5 minutes, jog 15 minutes, walk steady 15 minutes.
Day 24	Walk steady for 5 minutes, jog lightly for 22 minutes, walk for 5 minutes
Day 25	Jog 5 minutes, walk steady 10 minutes, jog 10 minutes, walk easy 5 minutes
Day 26	Walk briskly 45 minutes
Day 27	Jog 10 minutes, walk easy 5 minutes, jog 20 minutes lightly, walk easy 5 minutes.
Day 28	Jog 10 minutes, walk briskly 3 minutes, jog 10 minutes, walk briskly 3 minutes, jog 10 minutes, walk easy 5 minutes.
Day 29	Jog 5 minutes, walk briskly 10 minutes, walk easy 5 minutes, walk briskly 15 minutes, walk easy 5 minutes
Day 30	Jog Non-Stop For 30 Minutes