

# Walking & Strength Training Plan

Day 1

Upper Body

Day 2

Lower Body

Day 3

Walk

Day 4

Core & Cardio

Day 5

Walk

Day 6

Upper Body

Day 7

Lower Body

Day 8

Core & Cardio

Day 9

Walk

Day 10

Upper Body

Day 11

Lower Body

Day 12

Core & Cardio

Day 13

Walk

Day 14

Upper Body  
 Lower Body

Day 15

Walk

Day 16

Core & Cardio

Day 17

Upper Body

Day 18

Lower Body

Day 19

Walk

Day 20

Core & Cardio

Day 21

Upper Body  
 Lower Body

Day 22

Walk

Day 23

Upper Body  
 Lower Body

Day 24

Core & Cardio

Day 25

Walk

Day 26

Core & Cardio

Day 27

Upper Body  
 Lower Body

Day 28

Walk

Day 29

Upper Body  
 Lower Body

Day 30

Core & Cardio