ZARATE FITNESS

4 Week Spring Fling Walking Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Warmup **Light Walk:** **5-10 Mins**	**Stretch & Warmup** **Light Walk:** **10-20 Mins**	**Just Stretch**	**Stretch & Warmup** **Light Walk: 5 Mins** **Mobility Work: 4 Mins** **Light Walk: 10 Mins**	**Stretch & Warmup** **Light Walk: 5 Mins** **Mobility Work: 4 Mins** **Light Walk: 10 Mins**	**Stretch & Warmup** **Light Walk: 10 Mins** **Medium Pace Walk: 10 Mins**	**Rest/Stretch**
Stretch & Warmup **Light Walk:** **10-15 Mins**	**Stretch & Warmup** **Light Walk:** **5-10 Mins**	**Just Stretch**	**Stretch & Warmup** **Light:** **10-20 Mins** **Fast Paced: 3 Mins** **Medium 5-15 Mins**	**Stretch & Warmup** **Medium Paced Walk:** **15-30 Mins**	**Stretch & Warmup** **Light Walk: 10 Mins** **Medium Pace Walk: 10 Mins**	**Rest/Stretch**
Stretch & Warmup **Light Walk: 10 Mins** **Medium Pace Walk: 10 Mins**	**Stretch & Warmup** **Light Walk: 10 Mins** **Light To Fast Intervals:** **2 Minutes A Piece For** **10-16 Mins**	**Stretch & Warmup** **Light Walk:** **10-20 Mins**	**Stretch & Warmup** **Light To Medium To Fast Intervals:** **2 Minutes A Piece For** **20-40 Mins**	**Stretch & Warmup** **Medium Paced Walk:** **20-40 Mins**	**Stretch & Warmup** **Light Walk: 10-20 Mins** **Medium Pace Walk:** **10-20 Mins**	**Rest/Stretch**
Stretch & Warmup **Light Walk: 5 Mins** **Medium Pace Walk:** **15-25 Mins** **Fast Paced Walk: 5 Mins**	**Stretch & Warmup** **Medium Paced Walk:** **10-20 Mins** **Fast Paced Walk: 10 Mins**	**Stretch & Warmup** **Light Walk:** **20-40 Mins**	**Stretch & Warmup** **Medium Paced Walk:** **20-40 Mins**	**Stretch & Warmup** **Light Walk:** **10-20 Mins** **Medium: 10-20 Mins**	**Stretch & Warmup** **Medium To Fast Intervals:** **2 Minutes A Piece For** **20-30 Mins** **Light Walk 5-20 Mins**	**Stretch & Warmup** **Light Walk:** **60-120 Mins**
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:	Notes: