

# 4 WEEK WALKING PLAN FOR BEGINNERS

## DAY 1 → 1 MILE →

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

## DAY 2 → 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 → 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.


## DAY 4 → BOOST A 1-MILE WALK 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 → 30 MINUTES

Power walk in the mall with your friends.

## DAY 6 → 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 → ENJOY A WELL-DESERVED DAY OFF

## DAY 8 → 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 → 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 → 4 MILES

Invite a friend to walk with you.

## DAY 11 → 1 MILE →

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


## DAY 12 → 2 MILES

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


## DAY 13 → 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 → 3 MILES

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

## DAY 16 → 2 MILES

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

**DAY 17** → **2 MILES** →

Add an upper-body session after your walk. How about some biceps curls and shoulder presses?

**DAY 18** → **3 MILES**

**DAY 19** → **4 MILES**

"Party Rock Anthem" and "Boom Boom Pow" are 2 fun songs to help get you through.

**DAY 20** → **1 MILE IN THE A.M. AND 1 MILE IN THE P.M.**

🔗 "Walk to the Hits: Radio Remixes" will give you the miles, music and even the "boosts."

**DAY 21** → **ENJOY A WELL-DESERVED DAY OFF.**

**DAY 22** → **1 MILE** →

Add a lower-body session after your walk. You can't beat squats. Try them with me.

**DAY 23** → **3 MILES**

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

**DAY 24** → **2 MILES**

**DAY 25** → **3 MILES** →

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

**DAY 26** → **1 MILE**

**DAY 27** → **3 MILES**

Do 3 fun and funky miles with songs like "(Your Love Keeps Lifting Me) Higher & Higher," "Car Wash" and "I'll Be Around."

**DAY 28** → **NO SCHEDULES**

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

**DAY 29** → **3 MILES**

**DAY 30** → **CELEBRATE WITH A 1-MILE AFTER-DINNER WALK WITH FRIENDS!**

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

🔗 **WALK TO THE BEAT MP4 PLAYER.**