



41.5 Miles in June: Walk the Bases Challenge

Weekly Suggested Walking Program

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Workout
<p>Easy Walk: 18-20 mins.</p>		<p>Easy Walk: 35-40 mins.</p>	<p>Easy Walk: 35-40 mins.</p>		<p>Easy Walk: 35-40 mins.</p>
<p>Power Intervals Power Walk: 30 secs. Easy Walk: 1 min. Repeat 4-6 times</p>	<p>Alternate activity of your choice for 20-30 mins.</p>	<p>Stretch: 2 mins.</p>	<p>Stretch: 2 mins.</p>	<p>Take a Rest</p>	<p>Brisk Walk: 30-35 mins.</p>
<p>Easy Walk: 3-5 mins.</p>					<p>Stretch: 2 mins.</p>
<p>Stretch: 2 mins</p>					