



4-Week Walking Program

The #1 exercise for GLP-1 users, beginners & anyone rebuilding movement



Walking is the most underrated fitness tool on the planet.
It burns fat, builds bone density, boosts mood, protects joints,
and works on your worst day. Zero equipment. Zero excuses.

YOUR 4-WEEK GOAL

From 10 min/day → 30 min/day · 5x per week

Small steps, steady wins. Build the habit, then the miles.

WHY WALKING WORKS

BLOOD SUGAR

A 10-min walk after meals can cut spikes up to 30%.

MUSCLE PRESERVATION

Low-impact way to move while losing weight fast.

MOOD + STRESS

Outdoor walks boost serotonin better than any pill.

SUSTAINABILITY

The one workout you'll still do at age 80.





Walk Like a Pro

Good form protects joints and makes every walk more effective



THE 6 FORM CHECKS

- | | |
|-------------------------------|---|
| → Head tall | Imagine a string pulling the crown of your head up. |
| → Eyes forward | Look 10-20 feet ahead — not down at your phone. |
| → Shoulders relaxed | Roll them back and down. No hunching. |
| → Core gently engaged | Zip up an imaginary jacket from belly to chest. |
| → Heel-to-toe | Land on your heel, roll through, push off your toe. |
| → Swing arms naturally | Bend elbows 90°, swing opposite arm to leg. |

★ COACH'S TIP

*The 'talk test': you should be able to hold a conversation but not sing.
That's the sweet spot for fat burn + heart health.*





Gear Up (Simply)

You don't need much — but the right shoes matter



SHOE CHECKLIST

- **Cushioned midsole** Especially critical for joints if you're heavier.
- **Wide toe box** Toes should spread — no crushed pinky toe.
- **Replace every 300-500 miles** Cushion breaks down before you notice.
- **Half-size up** Feet swell during walks — leave room.

NICE-TO-HAVES

- **Water bottle** Especially in summer + on GLP-1.
- **Fitness tracker** Watch/phone to log steps. Motivating!
- **Wireless earbuds** Podcasts and audiobooks make miles fly.
- **Sun hat + SPF** Non-negotiable for outdoor walks.
- **Walking pad (rainy days)** \$150 solution for no-excuse walks.

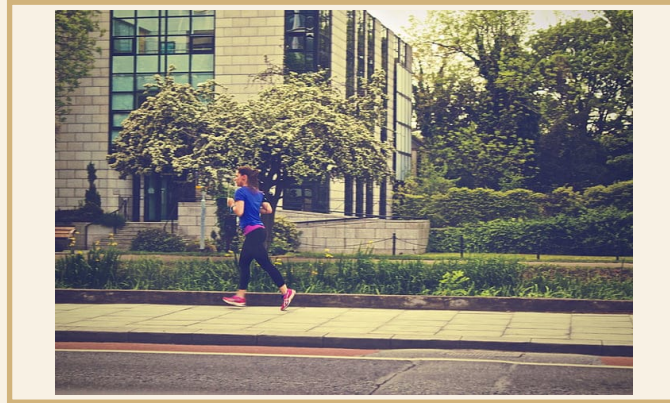




WEEK 1

Foundation — Just Show Up

10 minutes a day. That's it. Build the habit first.



YOUR DAILY SCHEDULE

- | | |
|-----|--|
| MON | 10 min easy walk — anywhere, any pace. |
| TUE | 10 min easy walk — same time, same place. |
| WED | REST or 5-min stretch (recovery matters). |
| THU | 10 min easy walk — try a new route. |
| FRI | 10 min easy walk — after your biggest meal. |
| SAT | 15 min walk — treat yourself outdoors if weather allows. |
| SUN | REST — reflect on how you feel already. |

THIS WEEK'S FOCUS

- Weekly total: 55 minutes across 5 walking days
- Don't chase speed — chase consistency.
- If you miss a day, walk the next day. Never skip twice.
- Notice one small win each walk (fresh air, quiet thoughts, sunlight).

★ COACH'S TIP

Week 1 is about proving to yourself that you show up. Speed comes later.





WEEK 2

Building — Add Time

You're a walker now. Let's stretch the minutes.



YOUR DAILY SCHEDULE

- MON** 15 min walk — steady, conversational pace.
- TUE** 15 min walk — try walking after breakfast.
- WED** REST or gentle stretching.
- THU** 15 min walk — add a small hill or incline if possible.
- FRI** 20 min walk — your longest walk yet.
- SAT** 20 min walk — bring a friend, family, or podcast.
- SUN** REST — plan next week's routes.

THIS WEEK'S FOCUS

- Weekly total: 85 minutes across 5 walking days
- Try the 'talk test' — walk fast enough to breathe, slow enough to chat.
- Add a 10-min post-meal walk anytime this week for bonus blood-sugar benefit.
- Track your steps — average 6,000-8,000 daily by end of week.

★ COACH'S TIP

Your body starts craving these walks around day 10. Trust the process.





WEEK 3

Strengthening — Add Intensity

Same time, more work. Meet your inner athlete.



YOUR DAILY SCHEDULE

MON	20 min walk — with 4x 1-min brisk bursts.
TUE	20 min steady walk — post-meal is best.
WED	15 min walk + 5-min stretch.
THU	25 min walk — find a hill or incline.
FRI	20 min walk — 4x 1-min brisk bursts.
SAT	30 min walk — your longest walk yet!
SUN	REST — celebrate the past 3 weeks.

THIS WEEK'S FOCUS

- Weekly total: 130 minutes across 6 walking days
- Brisk burst = walk fast enough that you can't sing.
- Hills wake up glutes and burn double the calories.
- Aim for 8,000-10,000 daily steps by end of week.
- Add light arm swings to elevate the heart rate more.

★ COACH'S TIP

Intervals shred more fat in 20 min than steady walks in 45. Push a little.





WEEK 4

Mastering — Own the Habit

30 minutes is now your normal. Look what you built.



YOUR DAILY SCHEDULE

- | | |
|------------|--|
| MON | 30 min walk — mix flat + hills. |
| TUE | 30 min walk — try a new area, new podcast. |
| WED | 20 min walk + 10 min core/stretch. |
| THU | 30 min walk — with 5x 1-min brisk bursts. |
| FRI | 30 min walk — after dinner works great. |
| SAT | 45 min walk — go somewhere beautiful. |
| SUN | REST — reflect on how far you've come. |

THIS WEEK'S FOCUS

- Weekly total: 165+ minutes across 6 walking days
- You've built a real habit — it will now feel weird to skip.
- Aim for 10,000+ daily steps consistently.
- Try a new route weekly to keep it interesting.
- This isn't the end — this is your new baseline.

★ **COACH'S TIP**

You did it. 30 min a day for a month builds a body — and a life — that lasts.





Your 4-Week Walking Tracker

Print this. Check a box every day. Watch the streak grow.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Min
Week 1	☐	☐	☐	☐	☐	☐	☐	_____
Week 2	☐	☐	☐	☐	☐	☐	☐	_____
Week 3	☐	☐	☐	☐	☐	☐	☐	_____
Week 4	☐	☐	☐	☐	☐	☐	☐	_____

MILESTONES TO CELEBRATE

- Day 7** First full week done — reward yourself with new socks or a playlist.
- Day 14** The habit is forming — you'll miss walking on rest days.
- Day 21** Clothes fit differently, energy is up, sleep is deeper.
- Day 30** You're a walker now. This isn't a program — it's who you are.

★ COACH'S FINAL WORD

Never underestimate the humble walk. It has quietly changed more bodies than every trendy workout combined.

Lace up. One step. Then the next. That's how everything starts.

