

100 DAY WALKING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
12 MINUTES NORMAL PACE	12 MINUTES MEDIUM FAST	12 MINUTES NORMAL PACE	12 MINUTES MEDIUM FAST	12 MINUTES NORMAL PACE	12 MINUTES MEDIUM FAST
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
REST	14 MINUTES NORMAL PACE	14 MINUTES MEDIUM FAST	14 MINUTES NORMAL PACE	14 MINUTES MEDIUM FAST	14 MINUTES NORMAL PACE
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
14 MINUTES MEDIUM FAST	REST	16 MINUTES NORMAL PACE	16 MINUTES MEDIUM FAST	16 MINUTES NORMAL PACE	16 MINUTES NORMAL PACE
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
16 MINUTES MEDIUM FAST	16 MINUTES NORMAL PACE	REST	18 MINUTES NORMAL PACE	18 MINUTES MEDIUM FAST	18 MINUTES NORMAL PACE
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
18 MINUTES MEDIUM FAST	18 MINUTES NORMAL PACE	18 MINUTES MEDIUM FAST	REST	20 MINUTES NORMAL PACE	20 MINUTES MEDIUM FAST
DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36
20 MINUTES NORMAL PACE	20 MINUTES MEDIUM FAST	20 MINUTES NORMAL PACE	20 MINUTES MEDIUM FAST	REST	22 MINUTES NORMAL PACE
DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
22 MINUTES MEDIUM FAST	22 MINUTES NORMAL PACE	22 MINUTES MEDIUM FAST	22 MINUTES NORMAL PACE	22 MINUTES MEDIUM FAST	REST
DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48
24 MINUTES NORMAL PACE	24 MINUTES MEDIUM FAST	24 MINUTES NORMAL PACE	24 MINUTES MEDIUM FAST	24 MINUTES NORMAL PACE	24 MINUTES MEDIUM FAST
DAY 49	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54
REST	26 MINUTES NORMAL PACE	26 MINUTES MEDIUM FAST	26 MINUTES NORMAL PACE	26 MINUTES MEDIUM FAST	26 MINUTES NORMAL PACE
DAY 55	DAY 56	DAY 57	DAY 58	DAY 59	DAY 60
26 MINUTES MEDIUM FAST	REST	28 MINUTES NORMAL PACE	28 MINUTES MEDIUM FAST	28 MINUTES NORMAL PACE	28 MINUTES MEDIUM FAST



DAY 61	DAY 62	DAY 63	DAY 64	DAY 65	DAY 66
28 MINUTES NORMAL PACE	28 MINUTES MEDIUM FAST	REST	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	30 MINUTES NORMAL PACE
DAY 67	DAY 68	DAY 69	DAY 70	DAY 71	DAY 72
30 MINUTES MEDIUM FAST	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	REST	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST
DAY 73	DAY 74	DAY 75	DAY 76	DAY 77	DAY 78
INTERVAL WALK 5 MIN NORMAL 5 MIN FAST 10 MIN NORMAL 5 MIN FAST 5 MIN NORMAL	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 5 MIN FAST 10 MIN NORMAL 5 MIN FAST 5 MIN NORMAL	REST	30 MINUTES NORMAL PACE
DAY 79	DAY 80	DAY 81	DAY 82	DAY 83	DAY 84
30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 6 MIN FAST 8 MIN NORMAL 6 MIN FAST 5 MIN NORMAL	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 6 MIN FAST 8 MIN NORMAL 6 MIN FAST 5 MIN NORMAL	REST
DAY 85	DAY 86	DAY 87	DAY 88	DAY 89	DAY 90
30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 7 MIN FAST 6 MIN NORMAL 7 MIN FAST 5 MIN NORMAL	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 7 MIN FAST 6 MIN NORMAL 7 MIN FAST 5 MIN NORMAL
DAY 91	DAY 92	DAY 93	DAY 94	DAY 95	DAY 96
REST	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST	INTERVAL WALK 5 MIN NORMAL 8 MIN FAST 4 MIN NORMAL 8 MIN FAST 5 MIN NORMAL	30 MINUTES NORMAL PACE	30 MINUTES MEDIUM FAST
DAY 97	DAY 98	DAY 99	DAY 100	Challenge done!	
INTERVAL WALK 5 MIN NORMAL 8 MIN FAST 4 MIN NORMAL 8 MIN FAST 5 MIN NORMAL	REST	INTERVAL WALK 5 MIN NORMAL 9 MIN FAST 2 MIN NORMAL 9 MIN FAST 5 MIN NORMAL	INTERVAL WALK 5 MIN NORMAL 20 MIN FAST 5 MIN NORMAL		