

# March Walking Challenge



**KINETIC ENERGY**

**YOUR MONTHLY CHALLENGE:**

Follow this 4-week walking plan four days a week to improve your overall fitness

WEEK	Day 1	Day 2	Day 3	Day 4	Total
WEEK 1	20 mins flat route	30 mins alternate 1 min fast 2 mins slow	30 mins hilly route	20 mins with hand weights or a backpack	1hr 40 mins
WEEK 2	25 mins Flat route	30 mins alternate 2 mins fast 2 mins slow	35 mins hilly route	20 mins with hand weights or a backpack	1hr 50 mins
WEEK 3	25 mins flat route	30 mins alternate 2 mins fast 2 mins slow	40 mins hilly route	20 mins with hand weights or a backpack	1hr 55mins
WEEK 4	30 mins flat route	30 mins alternate 2 mins fast 1 min slow	40 mins hilly route	20 mins with hand weights or a backpack	2hrs 05 mins

**WALKING SPEED**

Steps per minute	kph	mph
70 - 90	3.2 - 4	2 - 2.5
105 - 120	4.8 - 5.6	3 - 3.5
120 - 140	5.6 - 6.4	3.5 - 4