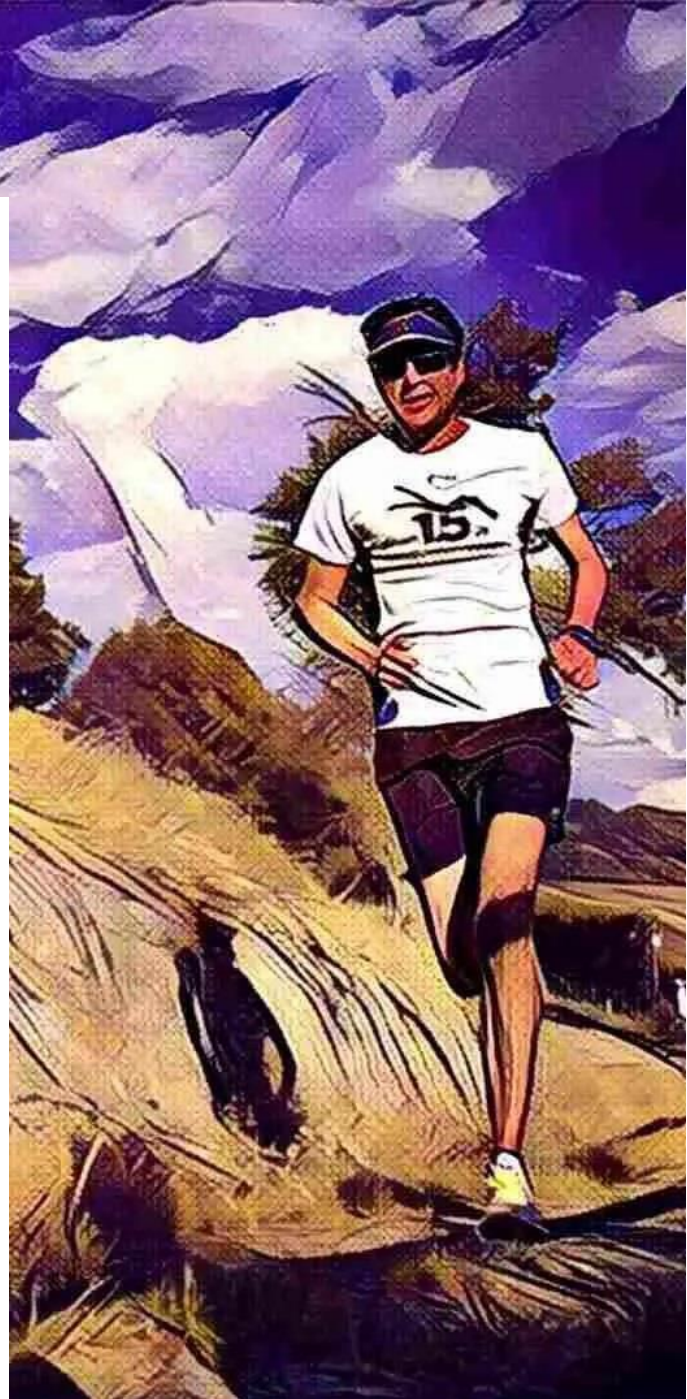


30 Minute Walking Plan



R.E.S.E.T.®

Reorganising of Emotional Systems into Effective
Transformation....by Heiko Stribl



30 Minute Walking Plan

Getting Started

Commitment:

I (your name) _____ wholeheartedly commit to diligently follow my running plan, acknowledging its significance in my pursuit of physical well-being and personal growth. I pledge to adhere to the **prescribed schedule**, embracing each run as an opportunity for **progress** and self-improvement. Regardless of external challenges or distractions, I will prioritize this commitment, understanding that **consistency** is the key to achieving my fitness goals. With unwavering dedication, I promise to honor the plan's structure, push my limits, and **celebrate** the incremental victories on this journey towards a healthier, stronger version of myself. This commitment is not just to a plan but to the betterment of my mind and body.

My goal: on _____ (date) complete a _____-kilometer run in _____

hour/minutes at the _____ (event name).

" Written training plans provide clarity, focus, and accountability, enhancing goal adherence and facilitating progress tracking for improved performance and results. "

Six-Week Beginner Walking Plan. This six-week program is for the beginner walker who wants to improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes.

Health experts have found that about 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.

Monday, Wednesday and Thursday are the core workout days, with Tuesdays and weekends optional at the beginning. Fridays are rest days or “Alternate Activity” days. Pick which days of the week work best for you and your schedule.

Always start your walk with 3–5 minutes at an easy warm-up pace. Cultivating a daily walking routine requires discipline and time management. Prioritize health by finding time, eliminating excuses. Consistency builds a habit, ensuring physical and mental well-being.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend Workout
Week 1	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins NOTE: always rest when necessary!	Easy walk: 5–10 mins Stretch: 2 mins Easy walk: 5–10 mins	Easy walk: 10–15 mins	Rest	Easy walk: 15–20 mins Window shopping is great!
Week 2	Easy walk: 5–10 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 10–15 mins Remember: rest when necessary.	Rest	Easy walk: 15–20 mins
Week 3	Easy walk: 10–15 mins Stretch: 2 min Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Stretch: 2 mins Brisk walk: 5–10 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Easy walk: 15–20 mins Don't window shop! Keep moving!
Week 4	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 5–10 mins Stretch: 2 mins	Easy walk: 15–20 mins Stretch: 2 mins	Rest	Brisk walk: 20–25 mins
Week 5	Easy walk: 10–15 min Brisk walk: 10–15 mins Stretch: 2 min	Easy walk: 25–30 mins Stretch: 2 mins	Easy walk: 10–15 mins Brisk walk: 10–15 mins Stretch: 2 mins	Easy walk: 25–30 mins Stretch: 2 mins	Alternate Activity of your choice: Go dancing, rake leaves for 20+ mins	Easy walk: 25–30 mins
Week 6	Total Time: 24–34 mins Easy walk: 15–20 mins Power Intervals –Power walk: 30 secs –Easy walk: 1 min Repeat 4–6 times. Easy walk 3–5 mins	Alternate activity of your choice for 20–30 minutes	Easy walk: 30–35 mins Stretch: 2 mins	Easy walk: 25–30 mins Stretch: 2 mins	Rest	Easy walk: 25–35 mins

Start with a 15-minute walk at an easy pace. Walk five days the first week. You want to build a habit, so consistency is important. Spread out your rest days, such as making day 3 a rest day and day 6 a rest day.

Weekly total goal: 60 to 75 minutes

Week 2

Add five minutes a day so you are walking for 20 minutes, five days a week. Or, you may wish to extend yourself more on some days, followed by a rest day.

Weekly total goal: 80 to 100 minutes

Week 3

Add five minutes a day so you are walking for 25 minutes, five days a week.

Weekly total goal: 100 to 125 minutes

Week 4

Add five minutes a day to walk for 30 minutes, five days a week.

Weekly total goal: 120 to 150 minutes

Tips

If you find any week to be difficult, repeat that week rather than adding more time. Do this until you are able to progress comfortably. Once you are able to walk for 30 minutes at a time comfortably, you are ready to use a variety of different workouts to add intensity and endurance.

How Fast Should Beginners Walk?

Walkers should aim for a brisk walking pace to achieve a moderate-intensity walking workout.

That is the exercise intensity that is associated with the best health benefits of walking. Moderate intensity is usually associated with walking a mile in 20 minutes or less,² at a target heart rate of 64% to 76% of your maximum heart rate.³

What brisk walking feels like:

- Your breathing is heavier than normal.
- You are still able to carry on a full conversation while walking.
- You are not out of breath.⁴

Don't worry if your speed is slower and heart rate lower during the initial weeks. Your first goal is to be able to walk for 30 to 60 minutes a day without injury. You will add speed and intensity later. Be consistent in how often and how far you walk before you try to walk faster.

End of Plan

Hebrews 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,

If you are tired of...

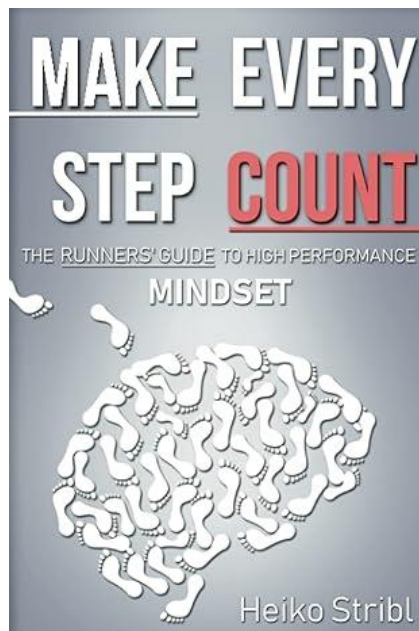
Inconsistent practice sessions — some days you are on, some days you are (way) off.

Feeling unfocused and unmotivated when the weather isn't to your liking, or you face a steep hill. Dreaming of being a stronger and smarter runner? But, you are not confident even though you are following the training plan,

Feeling like you aren't progressing as fast as you could be? And you know that you could be training and running much faster than you are right now...

Then you need to get your hands on Make Every Step Count today.

"The Runners' Secret Weapon for Better Run Practices and Faster Running..."



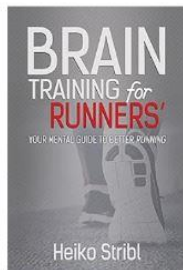
Conquer Your Running Aspirations with a Proven Goal-Setting Strategy. Dreaming about your running journey and future adventures is a great start. However, it takes more than just big goals to make them a reality.

Discover the essentials of crafting a remarkable running goal and, more crucially, construct a comprehensive plan to turn that goal into an accomplishment. Our program includes a detailed guide for creating training objectives, ensuring you stay focused and motivated during every run.

Do not settle for being the runner with grand aspirations that never come to fruition.

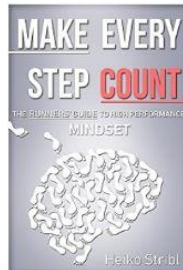
Your [Make Every Step Count](#) Run Book is here to guide you, step by step, in setting—and most importantly—*crushing* your running goals with precision and determination. Let's turn your running dreams into triumphant realities!

Check out other books by Heiko.



Quick look

Brain Training For Runners': Your Mental Guide To Better Running. (English Edition)
★★★★☆ 7



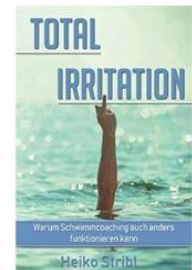
Quick look

Make Every Step Count: THE RUNNERS' GUIDE TO HIGH PERFORMANCE MINDSET...
★★★★★ 8



Quick look

Das W.I.E.S.O. Konzept.: Effektiver fragen, effizienter trainieren.
★★★★★ 9



Quick look

TOTAL IRRITATION: Warum Schwimmcoaching auch anders funktionieren kann
★★★★☆ 7

SHOWNOTES:

What does this mean for your running? Here some useful links.

Your “how to do it” run streak [Run 365 Days: Your 365 Day Run Streak](#)

[Brain Training For Runners': Your Mental Guide To Better Running.](#)

Improve your discipline [Accountability Coach](#).

Add swimming to your run [Become a better swimmer](#).

Follow us on [INSTAGRAM](#).

Follow us on [TWITTER](#).

Follow us on [YouTube](#).

More about your [HOST](#).

Train your BRAIN become a better runner.

Podcast [Apple Advanced Endurance Coaching](#).

Podcast [Spotify Advanced Endurance Coaching](#).