

Beginner-Friendly | Progressive | Printable

# 4-Week Walking Plan

*Lose Fat. Build Endurance. Zero Equipment.*

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By GrabGuides

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## How Walking Burns Fat

Walking at a moderate pace keeps you in the fat-burning zone (55-65% max heart rate). 30-45 minutes burns 150-250 calories, reduces cortisol (belly-fat hormone), and improves insulin sensitivity. Combined with a small calorie deficit, you can lose 1 lb per week from walking alone.

**100**

Cal/Mile Avg

**7-10K**

Daily Steps Goal

**45 min**

Fat-Burn Session

## Week 1: Build the Habit

| Day | Duration | Pace | Notes            |
|-----|----------|------|------------------|
| Mon | 20 min   | Easy | Flat route       |
| Tue | Rest     | -    | Stretch 10 min   |
| Wed | 20 min   | Easy | Flat route       |
| Thu | 25 min   | Easy | Add 5 min        |
| Fri | Rest     | -    | Light stretch    |
| Sat | 30 min   | Easy | Explore new area |
| Sun | 20 min   | Easy | Recovery walk    |

## Week 2: Increase Time

| Day | Duration | Pace     | Notes                |
|-----|----------|----------|----------------------|
| Mon | 30 min   | Easy     | Podcast or audiobook |
| Tue | Rest     | -        | Stretch              |
| Wed | 30 min   | Moderate | Slightly faster      |
| Thu | 30 min   | Easy     | Podcast walk         |
| Fri | Rest     | -        | Light stretch        |
| Sat | 40 min   | Easy     | Long slow walk       |
| Sun | 25 min   | Easy     | Recovery             |

## Week 3: Add Incline

| Day | Duration | Pace     | Notes                |
|-----|----------|----------|----------------------|
| Mon | 35 min   | Moderate | Find a hill - 3 reps |
| Tue | Rest     | -        | Stretch              |
| Wed | 35 min   | Easy     | Flat                 |
| Thu | 35 min   | Moderate | Hills 3 reps         |
| Fri | Rest     | -        | Light stretch        |
| Sat | 45 min   | Easy     | Long walk            |
| Sun | 30 min   | Easy     | Recovery             |

## Week 4: Intervals

| Day | Duration | Pace     | Notes                        |
|-----|----------|----------|------------------------------|
| Mon | 40 min   | Interval | 2 min fast / 2 min easy x 10 |
| Tue | Rest     | -        | Stretch                      |
| Wed | 35 min   | Moderate | Steady pace                  |
| Thu | 40 min   | Interval | Hills or intervals           |
| Fri | Rest     | -        | Stretch                      |
| Sat | 60 min   | Easy     | Long walk + podcast          |
| Sun | 30 min   | Easy     | Recovery                     |

### [RESULT] After 4 weeks

Most people lose 4-8 lbs in this first month when combined with moderate diet awareness. Keep going - weeks 5-8 is when walking becomes automatic and results compound.

## Ready for the complete system?

*This free guide is a starting point.*

*The paid guide gives you the complete step-by-step system.*

### Home Workout Guide - \$15

[grabguides.com/products/home-workout](https://grabguides.com/products/home-workout)

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