

# Weight Loss With Walking: The Workout Plan That Will Help You Burn Fat And Lose

If you're looking to lose weight, walking is a great option. It's a low-impact exercise that can be done anywhere, and it doesn't require any special equipment. In fact, walking is one of the best exercises for weight loss, as it burns calories and helps to build muscle.



## Walking: Weight Loss With Walking - The Workout Plan That Will Help You Burn Fat And Lose Weight Fast (workout plan, Aerobics, burn fat, fitness over, ... weight fast, how to lose weight Book 1) by Gillian Carr

★★★★☆ 4 out of 5

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This article will provide you with a walking workout plan that will help you burn fat and lose weight. The plan is designed to be gradual, so that you can start slowly and gradually increase the intensity of your workouts as you get stronger.

## The Walking Workout Plan

The walking workout plan is divided into three phases: beginner, intermediate, and advanced. Each phase lasts for four weeks, and the intensity of the workouts increases as you progress through the phases.

## **Beginner Phase**

The beginner phase is designed to help you get started with walking and build a foundation of fitness. The workouts in this phase are short and easy, and they will gradually increase in intensity.

- **Week 1:** Walk for 30 minutes three times per week.
- **Week 2:** Walk for 30 minutes four times per week.
- **Week 3:** Walk for 45 minutes three times per week.
- **Week 4:** Walk for 45 minutes four times per week.

## **Intermediate Phase**

The intermediate phase is designed to challenge you and help you burn more calories. The workouts in this phase are longer and more intense than the workouts in the beginner phase.

- **Week 1:** Walk for 60 minutes three times per week.
- **Week 2:** Walk for 60 minutes four times per week.
- **Week 3:** Walk for 75 minutes three times per week.
- **Week 4:** Walk for 75 minutes four times per week.

## **Advanced Phase**

The advanced phase is designed for those who are looking to challenge themselves and burn even more calories. The workouts in this phase are longer and more intense than the workouts in the intermediate phase.

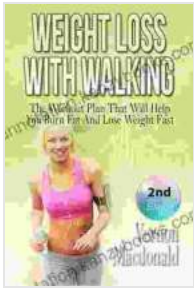
- **Week 1:** Walk for 90 minutes three times per week.
- **Week 2:** Walk for 90 minutes four times per week.
- **Week 3:** Walk for 120 minutes three times per week.
- **Week 4:** Walk for 120 minutes four times per week.

### **Tips For Success**

Here are a few tips to help you succeed with your walking workout plan:

- **Find a walking buddy.** Having someone to walk with can help you stay motivated and accountable.
- **Listen to music or podcasts while you walk.** This can help to keep you entertained and make the time go by faster.
- **Set realistic goals.** Don't try to do too much too soon. Start slowly and gradually increase the intensity of your workouts as you get stronger.
- **Be consistent.** The key to success is to be consistent with your workouts. Try to walk for at least 30 minutes three times per week.

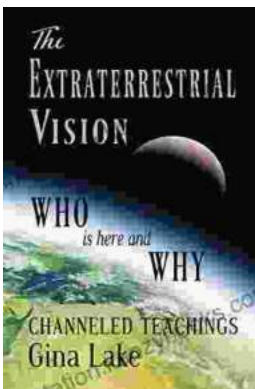
Walking is a great way to lose weight and improve your overall health. The walking workout plan provided in this article will help you burn fat and lose weight, and it's a great way to get started with a new fitness routine. So what are you waiting for? Start walking today!



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