

Fitness Walking Workouts - September 2016 #EmpowerMoms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2 Miles with Strength training	2 2 Miles plus 10 squats	3 Fun day!
4 Rest day or yoga	5 3 Miles	6 3 Miles with Strength training	7 3 Miles	8 2 Miles with Strength Training	9 3 Miles plus 15 squats	10 Fun day!
11 Rest day or yoga	12 3 Miles	13 4 Miles with Strength training	14 4 Miles	15 3 Miles with Strength training	16 3 Miles plus 20 squats	17 Fun day!
18 Rest day or yoga	19 4 Miles	20 4 Miles with Strength training	21 3 Miles	22 4 Miles with Strength training	23 4 Miles plus 25 squats	24 Fun day!
25 Rest day or yoga	26 5 Miles	27 4 Miles with Strength training	28 3 Miles	29 5 Miles with Strength training	30 4 Miles plus 30 squats	

Notes:

- * 1 "mile" = 15 mins
- *Workouts should be at least 30 mins.
- *Fun day can be any workout you want, including more strength training.
- *On Strength Training days: pick a workout that incorporates cardio WITH strength training (hand weights or bands)

To make it easier:

Just starting out? You can make the schedule easier by doing less miles. For example, if it says to do 3 miles for Monday-you can do 2 miles instead.

To make it harder:

Add extra miles to your daily schedule. For example, if it says to do 3 miles for Monday-you can do 4 or 5 miles. Or you can add "boosted walking" to your workouts!

Please use personal discretion when following this monthly workout calendar & consult a physician before starting any workout routine. EmpowerMoms is not responsible for any injuries.