

Fidelity Life Corporate Challenge - Five Week Beginner Program

	Monday	Wednesday	Friday	Sunday	Total
WEEK ONE	Walk 30-40 minutes Total Workout:30-40min	Walk 30 minutes or Walk 10; jog 3 minutes; walk 5 minutes; jog 3 walk 5 minutes; Total Workout:30 min	Walk 40 minutes or Walk 10min; jog 5min; Walk 10min; jog 5min; Walk 10 minutes Total Workout: 40 min	Walk 45 minutes Total Workout:45 min	~150 min
WEEK TWO	Walk 45 minutes Total workout: 45 min	Walk10 minutes Jog 5 minutes;walk 3 minutes; repeat 3 times Total workout:35 min	Walk 15 minutes Jog 10 mintes Walk 15 minutes Total Workout 40 min	Walk 45 minutes Total workout:45min	165 min
WEEK THREE	Walk 10 minutes Walk jog 25 minutes Total Workout:35 min	Walk 45 minutes Total Workout:45 min	Walk 20 minutes Jog 15 minutes; walk 5 min Jog 10 minutes; walk 5 min Total Workout 55 min	Walk 10 mintes Walk jog 25 minutes Total Workout:35 min	170 min
WEEK FOUR	Walk 10 minutes Walk jog: 30 minutes Total Workout:40 min	Walk 45 minutes Total Workout:45 min	Walk 15 minutes Walk jog 30 minutes Total Workout: 45 min	Walk 10 minutes. Jog 10 minutes without stopping Total Workout: 20 min	150 min
WEEK FIVE	Walk 10 minutes Jog 15 minutes without stopping Total Workout:25 min	Fidelity Life Corporate Challenge <i>Good Luck!</i>			

Fidelity Life

CORPORATE CHALLENGE

