Body by Vi™ CHALLENGE

90–Day Walking Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	15–min. Easy Walk	15-min. Brisk Walk (increase pace slightly)	20–min. Easy Walk	Day Off	Day Off	Day Off	Day Off
Week 2	20–min. Easy Walk	15-min. Brisk Walk	20–min. Easy Walk	20-min. Brisk Walk	Day Off	Day Off	Day Off
Week 3	25–min. Easy Walk	Day Off	20–min. Easy Walk	15-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	Day Off	Day Off	Day Off
Week 4	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	25–min. Easy Walk	15-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	Day Off	Day Off	Day Off
Week 5	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 6	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 7	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15–min. walk (choice of easy, brisk or switch)
Week 8	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 9	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15–min. walk (choice of easy, brisk or switch)
Week 10	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off
Week 11	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	15–min. walk (choice of easy, brisk or switch)
Week 12	35–min. Easy Walk	25-min. Switch Walk: Alternate 3-min. Brisk, 2-min. Fast	30–min. Easy Walk	25-min. Switch Walk: Alternate 3-min Brisk, 2-min. Fast	30-min. Brisk Walk	Day Off	Day Off

Drink NEURO™ in water 30 minutes before your workout or as a part of one your snacks for the day.
for strength and flexibility training videos to enhance your walking workouts.