Walking Workouts for Weight Loss

Workout 1: Walking for 30 minutes at a moderate pace

Workout 2: Walking for 45 minutes at a brisk pace

Workout 3: Walking for 60 minutes at a fast pace

Add structure and variety to your walking routine with these workouts. Start with Workout 1 and increase your walking time gradually. Remember to stretch before and after each workout to prevent injuries. Good luck on your fitness journey!
Walking for Fitness. 49 likes. City or country: A daily walk is great for health - but what if it could be more than just a walk? What if you boost your...Â I've just posted my first 2018 blog. It's all about the 'buts' that have been holding me back. Why not have a quick read and see if you can pinpoint what might be holding YOU back? Then go for a walk. Somewhere in the middle of your meander, choose a 'fast' pace (simply a pace that requires effort). Now walk 1 minute fast, 1 minute slow x 10 times. Good job x. Fitness walking is a type of exercise where one is walking regularly for the purposes of increasing physical fitness and/or encouraging weight loss. It is also sometimes referred to as power walking, speed walking, or aerobic walking. Fitness walking is an excellent activity because it can be done by virtually anyone, regardless of their existing physical fitness level. In addition, it puts less impact on the body than running, but walkers who maintain a brisk pace for a set period of time burn a similar amount of calories as joggers. Walking for fitness. The above chart is an approximate guide to the length of time it would take you to expend 1,000 calories, whilst walking. As an example, a 45 kg person would need to train 3 times a week at a speed of 3 MPH, for 120 minutes, in order to use 1,000 calories. In order to increase your calorie expenditure each week, aim to walk either for a longer period, or wear a lightly weighted backpack to increase the workout. Look in Bodywork's, for other exercises.