

8 Week Walking Plan for Disney World



	Day 1	Day 2	Day 3
Week 1	1 mile/20 min	1 mile/20 min	2 miles/40 min
Week 2	1.5 miles/30 min	1.5 miles/30 min	3 miles/60 min
Week 3	2 miles/40 min	2 miles/40 min	4 miles/80 min
Week 4	2 miles/40 min	2 miles/40 min	5 miles/100 min
Week 5	3 miles/60 min	3 miles/60 min	6 miles/120 min
Week 6	3 miles/60 min	3 miles/60 min	7 miles/140 min
Week 7	2 miles/40 min	2 miles/40 min	6 miles/120 min
Week 8	2 miles/40 min	2 miles/40 min	5 miles/100 min