

# WALK YOUR WAY TO A MAGICAL DISNEY VACATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	15 min walk	Rest	15 min walk	Rest	1 mi walk	15-20 min walk
2	Rest	20 min walk	Rest	20 min walk	Rest	1.5 mi walk	20-25 min walk
3	Rest	25 min walk	Rest	25 min walk	Rest	2 mi walk	25-30 min walk
4	Rest	30 min walk	Rest	30 min walk	Rest	2.5 mi walk	30 min walk
5	Rest	30 min walk	Rest	30 min walk	Rest	3 mi walk	30 min walk
6	Rest	30 min walk	Rest	30 min walk	Rest	3.5 mi walk	30-45 min walk
7	Rest	45 min walk	Rest	45 min walk	Rest	4 mi walk	45 min walk
8	Rest	45 min walk	Rest	45 min walk	Rest	4.5 mi walk	45-60 min walk
9	Rest	45 min walk	Rest	45 min walk	Rest	5 mi walk	60 min walk
10	Rest	45 min walk	Rest	45 min walk	Rest	6 mi walk	60-75 min walk
11	Most Magical Vacation Ever!						

Disclaimer: I am not a health care professional, personal trainer or fitness professional. I'm putting this plan together based on what has worked for me, my family and friends in the past. It may or may not work for you – definitely check with your health care practitioner before starting on this or any other fitness plan and if you have any questions or concerns!