

Neophyte plan for 5 meetings

### WEEK 1

**Monday** 45mn walk – 10mn stretching

**Tuesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting technique 1)  
– 15mn walk with assimilation of walk – 10mn stretching

**Wednesday** 45mn walk – 10mn stretching

**Thursday** 15mn walk – 15mn PPG – 30mn walk

**Saturday** 1h00 walk – 10mn stretching

### WEEK 2

**Monday** 45mn walk - 10mn stretching

**Tuesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting technique 2)  
– 15mn walk with assimilation of walk – 10mn stretching

**Wednesday** 45mn walk – 10mn stretching

**Thursday** 15mn walk – 15mn PPG – 15mn hard walk – 15mn rest walk

**Saturday** 1h00 walk – 10mn stretching

### WEEK 3

**Monday** 45mn walk – 10mn stretching

**Tuesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting technique 3)  
– 15mn walk with assimilation of walk – 10mn stretching

**Wednesday** 45mn walk – 10mn stretching

**Thursday** 15mn walk – 15mn PPG – 30mn walk

**Saturday** 1h00 walk – 10mn stretching

### WEEK 4

**Monday** 1h00 walk – 10mn stretching

**Wednesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting 1) – 15mn  
walk with assimilation of walk – 10mn stretching

**Saturday** 20mn walk – 1h00 4mn quick 2mn slow (5 times) – 15mn walk –  
10mn stretching

### WEEK 5

**Monday** 1h00 walk – 10mn stretching

**Tuesday** 1h00 walk – 10mn stretching

**Wednesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting 2) – 15mn  
walk with assimilation of walk – 10mn stretching

**Thursday** 15mn walk – 15mn PPG – 20mn walk – 6 x 1mn rest 30  
secondes – rest 1'30 – 6 x 1mn rest 30 secondes – 10mn  
stretching

**Saturday** 1h30 walk – 10mn stretching

## **WEEK 6**

**Monday** 1h15 walk – 10mn stretching

**Tuesday** 20mn walk – 15mn PPG – 25mn technique walk (meeting 3) – 15mn walk with assimilation of walk – 10mn stretching

**Wednesday** 1h00 walk on soft place – 10mn stretching

**Thursday** 15mn walk – 15mn PPG – 20mn walk – 6 x 1mn rest 30 secondes – rest 1'30 – 6 x 1mn rest 30 secondes – 10mn stretching

**Saturday** 1h30 walk – 10mn stretching

## **WEEK 7**

**Monday** 1h15 walk – 10mn stretching

**Wednesday** 15mn heating walk – 15mn PPG – 20mn walk – 8 x 30 secondes, rest 30 secondes – Rest 1mn – 8 x 30 secondes, rest 30 secondes – 10mn stretching

**Thursday** 1h00 walk – 10mn stretching

**Saturday** 2h00 walk – 10mn stretching

## **WEEK 8**

**Monday** 1h00 walk – 10mn stretching

**Wednesday** 20mn walk – 15mn PPG – 30mn technique marche (meeting 3) - 10mn stretching

**Thursday** 1h00 walk – 10mn stretching

**Saturday** 30mn walk – 1h00 walk 4mn quick walk , 2mn slow – 30mn walk – 10mn stretching