

# 14 Day Walking Reset

A calm, indoor walking plan to rebuild consistency, confidence, and energy — one step at a time.

This free 14-day walking reset is designed to help you gently restart movement — without pressure, jumping, or complicated rules.

All workouts are fully indoor, step-based, low impact, and beginner-friendly.

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## How to use this plan

- ✓ Follow the days in order, or move at your own pace
- ✓ Rest days are built in — they're part of the plan
- ✓ Pause, slow down, or repeat workouts whenever you need

*There's no such thing as falling behind.*

## Who Is This For?

This walking reset is perfect if you're:

- Returning to movement after a break, illness, or injury
- New to fitness and want something gentle and doable
- Looking for calm, low-impact workouts you can do at home

**Jamie McKagan Fitness**

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YouTube: Jamie McKagan Fitness

# Your 14 Day Walking Reset

Follow the days in order — or move at your own pace.



## WEEK 1 — RESET & RECONNECT

Goal: Ease back into movement and establish the habit.

### Day 1 — Gentle Start Walk

5 minute easy indoor walk

### Day 2 — Easy Walk

10 minute gentle walk

### Day 3 — Walk + Arm Tone

20 minutes · 2,500 steps

### Day 4 — Japanese Walking Intervals

20 minute interval walk

### Day 5 — Power Walk

10 minute brisk walk

### Day 6 — 5,000 Step Walk

40 minute steady walk

### Day 7 — Rest

Rest is part of progress

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## WEEK 2 — BUILD AND BELIEVE

Goal: Build confidence and feel stronger, at your own pace.

### **Day 8 — Walk + Leg Tone**

20 minute walk with leg toning

### **Day 9 — Speed Walk (Tabata Style)**

Short fast and slow intervals

### **Day 10 — Japanese Walking Intervals**

30 minute interval walk

### **Day 11 — 2 Mile Indoor Walk**

Steady-paced endurance walk

### **Day 12 — Japanese Walk + Core**

30 minute walk with core focus

### **Day 13 — 10,000 Step Challenge**

Long indoor endurance walk

### **Day 14 — Rest**

Rest is part of progress

# One Step at a Time

You don't need to rush.  
You don't need to be perfect.  
And you don't need to "catch up."

This 14-day reset is here to support you — whether you follow it day by day, take extra rest, or repeat workouts as often as you like.

Walking is about building trust with your body again.  
Some days will feel easy. Some days might feel harder.  
Both are part of the process.  
You're doing enough — just by showing up.

## Prefer to follow along on YouTube?

All of the workouts in this reset are organised into one easy playlist so you always know what to press play on.

You can bookmark it, repeat your favourites, or keep going beyond the 14 days.

[Start the Walking Reset on YouTube](#)

With love,  
Jamie

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