



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
	25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	40 minutes
	slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
2	MON	TUE	WED	THUR	FRI	SAT	SUN
	1 mile	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
	25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	60 minutes
3	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
	30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	80 minutes
4	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
	30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minutes	100 minutes
5	MON	TUE					
	1.5 miles	4 miles					
	30 minutes	74 minutes					
	MON	TUE					
	1.5 miles	4 miles					
	30 minutes	74 minutes					
	MON	TUE					
	1.5 miles	4 miles					
	30 minutes	74 minutes					
	MON	TUE					
	1.5 miles	4 miles					
	30 minutes	74 minutes					
	MON	TUE					
	1.5 miles	4 miles					
	30 minutes	74 minutes					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout Act Practice This Week

Lingjun Ying



Walking Workout Act Practice This Week:

Adopting the Beat of Term: An Emotional Symphony within **Walking Workout Act Practice This Week**

In a global taken by monitors and the ceaseless chatter of immediate communication, the melodic elegance and emotional symphony produced by the published word frequently fade into the back ground, eclipsed by the constant sound and distractions that permeate our lives. Nevertheless, set within the pages of **Walking Workout Act Practice This Week** a wonderful literary value overflowing with natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that fascinating masterpiece conducts viewers on a psychological trip, well unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths of this touching assessment, we will investigate the book is central harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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