

# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



## Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

Check out the full 30-Day Walking Challenge (and much more!) at [MarathonHandbook.com](http://MarathonHandbook.com)

# Team Roster Walking Workout Update

**KJ Lindholm-Leary**



## **Team Roster Walking Workout Update:**

## Whispering the Secrets of Language: An Psychological Quest through **Team Roster Walking Workout Update**

In a digitally-driven world wherever screens reign great and instant interaction drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words often move unheard. Yet, nestled within the pages of **Team Roster Walking Workout Update** a interesting literary treasure pulsing with natural emotions, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, that enchanting opus invites readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within ab muscles material of each and every word. Within the emotional depths of this emotional review, we will embark upon a sincere exploration of the book is primary styles, dissect its captivating writing type, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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