



30 Day Walking Challenge For Beginners

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|---|--|--|--|--|--|--|---|
| 1 | 1 mile 25 minutes slow pace | 1.5 miles 35 minutes 25 min slow + 10 min moderate | 1 miles 25 minutes slow pace | 1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10 | 1 mile 20 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 2 miles 40 minutes moderate pace |
| 2 | 1 mile 25 minutes slow pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 1.5 miles 35 minutes 25 min slow + 10 min moderate | 1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace |
| 3 | 1.5 miles 30 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 4 miles 80 minutes moderate pace |
| 4 | 1.5 miles 30 minutes moderate pace | 3 miles 54 minutes 20 min mod + 34 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 5 miles 100 minutes moderate pace |
| 5 | 1.5 miles 30 minutes moderate pace | 4 miles 74 minutes 40 min mod + 34 min fast | | | | | |

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 This Week Warranty

Joe Sweeney

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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The Complete Fitness Guide for Women Mamta Singh, 2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU

Ebony, 2008-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 Mathematics in Action Doug Brown, 1996 This is a comprehensive differentiated course suitable for students of all abilities It is written specifically for standard grade through appropriate for other UK curricula Chapters begin with looking back exercises for consolidation of the work The fully differentiated contents have graded exercises Review sections enable students to develop mathematical competence and confidence There are photocopiable resources for general and credit students *Good Housekeeping*, 1998 **Walk It Off!** Mark Fenton, 2002 Sporting Magazine, 1822 Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit Practical Jumping John Lionel Mackenzie Barrett, 1930 **Ebony**, 2008 The Publishers Weekly, 2004 *I Know I Should Exercise, BUT --* Joe Sweeney, 1998 *Sunset*, 1993 *Ohio Practical Farmer*, 1893 *Popular Aviation*, 1994 **Consumers Index to Product Evaluations and Information Sources**, 1992 **Parents**, 2001 *Time*, 2008 **Runner's World**, 1991 *Country Living*, 1994

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