

28 DAY WALKING CHALLENGE

Walk Off The Pounds! + Free Download



	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes	1.5 miles 35 minutes	1.5 miles 30 minutes	2 miles 45 minutes	2 miles 40 minutes	2 miles 37 minutes	3 miles 60 minutes
	slow pace	25 min slow + 10 min moderate	moderate pace	25 min slow + 20 min moderate	moderate pace	20 min moderate + 17 min fast	moderate pace
2	1 mile 20 minutes	2 miles 37 minutes	3 miles 60 minutes	3 miles 53 minutes	2 miles 40 minutes	3 miles 57 minutes	4 miles 80 minutes
	moderate pace	20 min moderate + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 17 min fast	moderate pace
3	2 miles 40 minutes	3 miles 57 minutes	4 miles 80 minutes	4 miles 68 minutes	2 miles 40 minutes	4 miles 74 minutes	5 miles 100 minutes
	moderate pace	40 min mod + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 34 min fast	moderate pace
4	2 miles 40 minutes	4 miles 74 minutes	5 miles 100 minutes	5 miles 85 minutes	3 miles 60 minutes	5 miles 93 minutes	6 miles 120 minutes
	moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 53 min fast	moderate pace

Tips To Follow The 28-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 28-Day Walking Plan (and much more) at LoveLifeBeFit.com



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Sebastian Brünink

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