



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 miles 20 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 2 miles 40 minutes moderate pace |
| 2 | 1 miles 25 minutes slow pace | 2 miles 37 minutes 20 min moderate + 1.7 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 + 1.7 min fast | 3 miles 60 minutes moderate pace |
| 3 | 1.5 miles 30 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 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 + 1.7 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 + 1.7 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 - 1.7 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 Update

Ensheng Dong

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