

**30**  
Day

# **WALKING** **FOR** **BEGINNERS**

challenge



## TRAINING PLAN

Day 1 10 Min Easy Walk 	Day 2 10 Min Easy Walk 	Day 3 15 Min Easy Walk 	Day 4 10 Min Brisk Walk 	Day 5 15 Min Easy Walk 
Day 6 10 Min Brisk Walk 	Day 7 Rest or 15 Min Easy Walk 	Day 8 15 Min Easy Walk 	Day 9 10 Min Brisk Walk 	Day 10 15 Min Easy Walk 
Day 11 20 Min Easy Walk 	Day 12 15 Min Easy Walk 	Day 13 15 Min Brisk Walk 	Day 14 Rest or 15 Min Easy Walk 	Day 15 15 Min Easy Walk 
Day 16 20 Min Easy Walk 	Day 17 15 Min Brisk Walk 	Day 18 25 Min Easy Walk 	Day 19 20 Min Easy Walk 	Day 20 20 Min Brisk Walk 

# Temu Walking Workout This Month

**A. J. Temu, Joel das Neves Tembe**



### **Temu Walking Workout This Month:**

*Zarja*, 1986      **Southern African Liberation Struggles** A. J. Temu, Joel das Neves Tembe, 2014 Les volumes 1 5 se concentrent sur les guerres de lib ration en Angola au Mozambique en Namibie en Afrique du Sud et au Zimbabwe Les volumes 5 7 relatent les exp riences v cues dans les tats de la ligne de front Botswana Tanzanie et Zambie et dans les pays d extension Lesotho Malawi et Swaziland chaque fois un chapitre historico analytique est suivi d une longue section d histoires personnelles non seulement en anglais mais aussi en portugais Mozambique en swahili Tanzanie et en shona Zimbabwe Les deux derniers volumes se concentrent sur les pays et les organisations internationales l int rieur et l ext rieur de l Afrique qui ont sympathis avec les mouvements de lib ration et les ont soutenus de diverses mani res      **Congressional Record** United States. Congress, 1973 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

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