

30  
Day

# WALKING challenge

## FOR BEGINNERS



### TRAINING PLAN

Day 1 <input type="radio"/> 10 Min Easy Walk 	Day 2 <input type="radio"/> 10 Min Easy Walk 	Day 3 <input type="radio"/> 15 Min Easy Walk 	Day 4 <input type="radio"/> 10 Min Brisk Walk 	Day 5 <input type="radio"/> 15 Min Easy Walk 
Day 6 <input type="radio"/> 10 Min Brisk Walk 	Day 7 <input type="radio"/> Rest or 15 Min Easy Walk 	Day 8 <input type="radio"/> 15 Min Easy Walk 	Day 9 <input type="radio"/> 10 Min Brisk Walk 	Day 10 <input type="radio"/> 15 Min Easy Walk 
Day 11 <input type="radio"/> 20 Min Easy Walk 	Day 12 <input type="radio"/> 15 Min Easy Walk 	Day 13 <input type="radio"/> 15 Min Brisk Walk 	Day 14 <input type="radio"/> Rest or 15 Min Easy Walk 	Day 15 <input type="radio"/> 15 Min Easy Walk 
Day 16 <input type="radio"/> 20 Min Easy Walk 	Day 17 <input type="radio"/> 15 Min Brisk Walk 	Day 18 <input type="radio"/> 25 Min Easy Walk 	Day 19 <input type="radio"/> 20 Min Easy Walk 	Day 20 <input type="radio"/> 20 Min Brisk Walk 

## Walking Workout Ideas

**Peggy Norwood Keating**

## **Walking Workout Ideas:**

## Whispering the Techniques of Language: An Mental Journey through **Walking Workout Ideas**

In a digitally-driven world wherever monitors reign great and instant connection drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases frequently get unheard. Yet, located within the pages of **Walking Workout Ideas** a interesting literary treasure sporting with natural feelings, lies a fantastic quest waiting to be undertaken. Written by a talented wordsmith, this marvelous opus encourages visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the cloth of each and every word. Within the mental depths of this poignant review, we will embark upon a heartfelt exploration of the book is core subjects, dissect their charming writing design, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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m phil or scholarship name student in institute university name and my classes will start from date and timing will be time to

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