



28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1.5 miles	2 miles	2 mile	2 miles	3 miles
25 minutes	35 minutes	30 minutes	45 minutes	40 minutes	37 minutes	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

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	2 miles	3 miles	3 miles	2 miles	3 miles	4 miles
20 minutes	37 minutes	60 minutes	51 minutes	40 minutes	57 minutes	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

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	3 miles	4 miles	4 miles	2 miles	4 miles	5 miles
40 minutes	57 minutes	80 minutes	68 minutes	40 minutes	74 minutes	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

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	4 miles	5 miles	5 miles	3 miles	5 miles	6 miles
40 minutes	74 minutes	100 minutes	85 minutes	60 minutes	91 minutes	120 minutes
moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 51 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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Lon D. Lewis



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Men's Health ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle *The Preacher and Homiletic Monthly* ,1878 *The Cabinet of Irish Literature* Charles Anderson Read,1880 **Feeding and Care of the Horse** Lon D. Lewis,2013-07-16 This is the concise easy to use version of Dr Lewis s Equine Clinical Nutrition Feeding and Care It includes a full color section identifying toxic plants and provides practical information on the diversified effects of different nutrients feeds and supplements on a horse s athletic performance reproduction growth hooves appetite behavior and disease The book can help prevent common but expensive problems in horses of all ages **The College Courant** ,1872 **Epoch** ,1889 Scribner's Monthly, an Illustrated Magazine for the People ,1874 **The Salt Solution Diet** Heather K. Jones, R.D.,Editors Of Prevention Magazine,2011-08-30 BEAT BLOAT SHED POUNDS AND SLASH SALT FOR GOOD Salt is tasty and addictive and even though it has zero calories of its own it could be responsible for sabotaging your weight loss efforts Hidden in foods you d least expect even in diet foods salt is everywhere and it s devastating your health and your waistline But there are simple ways to nix the sodium and lower your risk for high blood pressure obesity diabetes and other health issues while you re at it Low salt does not mean low flavor In this book you ll find recipes and quick fixes for more than 75 simple and delicious meals including Sweet Potato Pancakes Pork Tenderloin with Avocado Salad Rosemary Salmon Pumpkin Maple Cheesecake and Banana Nut Cake The Salt Solution Diet also serves as a store guide helping you navigate your way through supermarket aisles and drive thru menus so you know which packaged and restaurant foods yes you can still have them are the best ones for you and your health Thanks to The Salt Solution Diet slimming down and sidestepping disease has never been easier or more delicious Here is the fix your health diet and waist line have been looking for *The New Yorker* ,2005 Science John Michels (Journalist),1889 Since Jan 1901 the official proceedings and most of the papers of the American Association for the Advancement of Science have been included in Science **Habilitation of the Severely and Profoundly Retarded** G. Thomas Bellamy,1977 Digest of the Reports and Statutes of the State of New York from Jan. 1, 1890, to Jan. 1, 1897 Willard Smith Gibbons,1898

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