

30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

Check out the full 30-Day Walking Challenge (and much more!) at MarathonHandbook.com

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Health ,1986 Redbook ,1959 **Pennsylvania Outdoors** ,1985 **Better Homes and Gardens** ,1976 Good Housekeeping ,1978 Outlook Alfred Emanuel Smith,Francis Walton,1877 **The Christian Union** ,1877 **Bod 4 God** Steve Reynolds,2010-10 The media labeled Steve Reynolds The Anti Fat Pastor after he lost more than 100 pounds and launched a stunningly successful weight loss program in his church and community In Bod 4 God Pastor Steve reveals the four keys that have unlocked the door to health and fitness for him and for countless others who have dedicated their bodies to God Steve had been overweight all of his life he weighed over 100 pounds in the first grade After playing football during high school and college he vowed never to exercise or run laps again That was one promise he kept ballooning to 340 pounds and staying there for years Now in Bod 4 God he shares the simple lifestyle changes both inside and out that led to his incredible weight loss and he invites readers to change their lives forever by committing their bodies to Gods glory In addition Steve shows local churches how to impact the health of their entire community by hosting Losing to Live Events such as weight loss competitions and team driven fitness campaigns **Popular Science** ,1935-04 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better Weekly World News ,1991-06-18 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www weeklyworldnews com is a leading entertainment news site The Rotarian ,1927-03 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine **Popular Science** ,1928-08 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **United States Navy Aviation Mechanics' Training System for Engine Maintenance Force** United States Navy Gas Engine School, New York,1919 **The Friend** ,1874 **Simmons ... Study of Media and Markets** ,1992 Science and Invention ,1929 Brotherhood of Maintenance of Way Employes Journal ,1932 **The Motorman, Conductor and Motor Coach Operator** ,1933 All-story Magazine ,1934 **Trackmen's Advance Advocate** Brotherhood of Maintenance of Way Employees,1933

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