



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 spilt 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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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability *Walk Alert: a National Pedestrian Safety Program Guide*, 1994

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1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Walking Workout Guide Setup
 - Chapter 2: Essential Elements of Walking Workout Guide Setup
 - Chapter 3: Walking Workout Guide Setup in Everyday Life
 - Chapter 4: Walking Workout Guide Setup in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Walking Workout Guide Setup. The first chapter will explore what Walking Workout Guide Setup is, why Walking Workout Guide Setup is vital, and how to effectively learn about Walking Workout Guide Setup.
3. In chapter 2, the author will delve into the foundational concepts of Walking Workout Guide Setup. The second chapter will elucidate the essential principles that need to be understood to grasp Walking Workout Guide Setup in its entirety.
4. In chapter 3, this book will examine the practical applications of Walking Workout Guide Setup in daily life. The third chapter will showcase real-world examples of how Walking Workout Guide Setup can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Walking Workout Guide Setup in specific contexts. This chapter will explore how Walking Workout Guide Setup is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Walking Workout Guide Setup. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout Guide Setup.

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