

30  
Day

# WALKING challenge

## FOR BEGINNERS



### 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

## Walking Workout This Month Same Day Delivery

**L Darling-Hammond**

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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    **Real-world fitness** Kathy Kaehler,1999    *Harper's New Monthly Magazine* ,1872    *Harper's New Monthly Magazine* Henry Mills Alden,1896 Harper s informs a diverse body of readers of cultural business political literary and scientific affairs    **The Living Age** ,1886    *The Lancet* ,1895

*Popular Science Monthly and World's Advance* ,1894    *Lippincott's Monthly Magazine* ,1870    Human Development Diane E. Papalia,Sally Wendkos Olds,1981 Designed for the mainstream human development course this chronologically organized text combines research and applications with real life examples to help students apply the material to realistic situations Thorough coverage of cross cultural topics and issues facing the disabled in addition to exceptionally good coverage of health issues and applications has helped to make Human Development stand apart from the competition The ninth edition like its predecessors is both academically rigorous and very student friendly The authors clear accessible writing style guides students through the various topics of human development with the help of a strong pedagogical program    **Ohio Educational Monthly** ,1882    **Scribner's Monthly, an Illustrated Magazine for the People** ,1874

Encyclopaedia Britannica ,1891    The Wonderful World of Walking Bill Gale,1988    *The Encyclopædia Britannica* ,1893    *Our Paper* ,1900    *The Monthly Journal of Medical Science* ,1854    **American Swineherd, Published Monthly in the Interests of Swine Raising** ,1919    **Nursing Mirror and Midwives Journal** ,1971    *Energy for Everything* Julia VanTine,Marie Elaina Suszynski,2001

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