

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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web aug 1 2010 new member sep 7 2009 1 after towing a 2 person tube this weekend the ski pylon will no longer go down it does not appear to be bent in any way unfortunately when the pylon is up i cannot open the engine compartment and therefore cannot access the base of the pylon there are 3 screws on the top where the pylon goes in to the

has anyone installed a ski pylon on a 2021 rxxp x sea doo - Nov 11 2022

web sep 3 2023 1 just picked up a new rxxp friday and bought the ski pylon from the dealer opened the pylon cap and saw the sticker that says not to use the pylon found the pylon brace holes that were covered by foam padding and was able to install the pylon

get your retractable ski pylon for your linq sea doo - Jun 06 2022

web jul 3 2019 for those of you wanting to do some wakeboarding tubing or other towing sports take advantage of the sea doo retractable ski pylon that covered hole located at the rear of your linq equipped sea doo is no not your gas tank but a conveniently located mount for the ski pylon which makes a nice addition for those that do not have

wake pro 230 sea doo - Jul 07 2022

web linq retractable ski pylon a quick install retractable ski pylon that stows away when not in use features spotter handgrips and rope storage brp audio premium system an industry first manufacturer installed truly waterproof bluetooth audio system wake pro 230 stability power and music to tow like a pro key features

sea doo ski pylon installed first impressions youtube - Aug 20 2023

web oct 29 2021 i finally got the ski pylon installed before the end of the season i show what it looks like inside and outside as well as my first few attempts i end with a recap of what i will be doing for

ski pylon strength sea doo forum - Mar 03 2022

web jul 22 2019 1 i have a 2019 gtx 230 i added the ski module so that i could slalom ski behind it it works great however today while skiing the ski pylon broke it is under warranty and i am going to get it replaced but i am concerned that

ski mode retractable ski pylon tow sports wake pro sea doo - Dec 12 2022

web 3 position retractable ski pylon enjoy a higher tow point thanks to the retractable ski pylon that stows away when not in use features spotter handgrips and rope storage removable wakeboard rack provides easy transport of a wakeboard to the ride site high performance vts variable trim system the vts adjusts the angle of the nozzle to

seadoo switch ski module youtube - Jul 19 2023

web mar 26 2023 this video shows how to add and operate the ski and x module on a seadoo switch it is an easy plug in that anyone can do this is part of the seadoo switch sport but not the seadoo switch