

WALKING GUIDE

WALK YOUR WAY TO A 5K



Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 10 min	 10 min	 rest	 12 min	 12 min	 rest	 15 min

Week 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 15 min	 18 min	 rest	 18 min	 20 min	 rest	 20 min








Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 22 min	 22 min	 rest	 24 min	 24 min	 rest	 26 min

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 26 min	 28 min	 rest	 28 min	 30 min	 rest	 30 min

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 35 min	 35 min	 rest	 35 min	 40 min	 rest	 40 min

Week 6

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 40 min	 45 min	 rest	 45 min	 45 min	 rest	 Walk a 5K

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JA Banks



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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit [Walking the Weight Off For Dummies](#) Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how **Fitness for Travelers** Suzanne Schlosberg, 2002 From the bestselling author of The Ultimate Workout Log and Fitness For Dummies comes a practical and entertaining guide for travelers who want to stay fit on the road 110 photos **Schoolwide Physical Activity** Judith Rink, 2010 Audience Reference for K 12 PE and classroom teachers directors principals and administrators overseeing physical activity programs and wellness policy compliance Text for college PE majors and elementary classroom education majors Also a reference for community youth program leaders Physical activity doesn't have to be confined to physical education class Many schools are discovering the benefits of incorporating physical activity throughout the day In fact schools increasingly need to do so as requirements for weekly minutes of physical activity expand beyond the time available for physical education class With Schoolwide Physical Activity A Comprehensive Guide to Designing and Conducting Programs K 12 classroom teachers and administrators will learn how to design and conduct activity programs that not only meet wellness policy requirements and goals but also motivate and encourage all students to be physically active The premise of this innovative guide is that physical activity in schools is not the sole responsibility of the PE teacher It is the responsibility of all administrators and teachers and is most successful when it is integrated throughout the curriculum To that end Schoolwide Physical Activity highlights the role of elementary classroom teachers in providing opportunities for physical activity and it offers an array of

tools and programs for teachers to incorporate in their classrooms At the secondary level the book creates a vision of a good physical activity program and then shows secondary teachers and administrators how to achieve that vision Through this text teachers and administrators receive a blueprint for building a comprehensive and coordinated K 12 physical activity program ready to use activities and forms and program ideas that address both the needs and desires of all children not just the small percentage who gravitate toward physical activity Schoolwide Physical Activity comes with a CD ROM that contains all the printable activities forms and tools from the book and over 200 activities for classroom teachers inclusive transitional activities integrated lessons and simple games and dances The comprehensive guide includes a Web site with an instructor guide presentation package and test package This resource will help teachers and administrators see their roles and responsibilities in a new light and gain stakeholder support for wellness and activity programs and it will assist in coordinating efforts among all involved in providing students with safe and appropriate programs that will transform their schools into more active places for learning

Walk Off Weight Michele Stanten,2011-03-01 An eight week walking based exercise program features targeted exercises and specialized routines designed to maximize weight loss and enable other health benefits in a guide that includes a meal plan and tips for avoiding injury Original 40 000 first printing

The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007

The Web's Greatest Hits Lynie Arden,2005

Guide to Life After 50, 60, 70 & Beyond for Dummies Dummies Press,Dummies Press Staff,2004 The fun and easy way to live life after 50 Filled with smart tips and secrets custom made for you This book covers virtually everything from health to money travel and more

Access Guide to the Web Stephanie Chang,Kaesmene Harrison,Karin Kaneps,Stephanie Rottenberg,Lauren Wiley,2000-09

Online Access ,1995-07

SeniorNet's Official Guide to the Web Eugenia Johnson,Kathleen McFadden,1997 Fun and easy to use directory of the best Web sites and online information or people over 55 demystifies using the Web to locate resources of interest to senior netizens Comprehensive guide to finding information on health and medical issues recreational activities travel lifelong learning leisure and entertainment activities business and financial services sports and fitness news charitable organizations grandparenting divorce support groups publications relationships and politics CD ROM includes hyperlinked HTML version of the entire book Microsoft Internet Explorer and valuable shareware

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Get Fit, Stay Fit William E. Prentice,2007 This text is designed for students with little or no background in developing a personal fitness programme Topics covered include principles of cardiorespiratory fitness muscular strength and endurance flexibility and limiting body fat

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Netdoctor Michael Wolff and Company, Inc. Staff,1996 Offers a powerful cure for medical ignorance the Internet

Fit & Well Thomas Davin Fahey,2001

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