



# 30 Day Walking Challenge For Beginners

1	MON	TUE	WED	THUR	FRI	SAT	SUN
	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	MON	TUE	WED	THUR	FRI	SAT	SUN
	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	MON	TUE					
	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast					

## Tips To Follow The 30-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 split 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 30-Day Walking Plan (and much more) at [LoveLifeBeFit.com](http://LoveLifeBeFit.com)

# Walking Workout Guide Store Hours

**RS Peters**



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## **Table of Contents Walking Workout Guide Store Hours**

1. Understanding the eBook Walking Workout Guide Store Hours
  - The Rise of Digital Reading Walking Workout Guide Store Hours
  - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Guide Store Hours
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Walking Workout Guide Store Hours
  - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Guide Store Hours
  - Personalized Recommendations
  - Walking Workout Guide Store Hours User Reviews and Ratings
  - Walking Workout Guide Store Hours and Bestseller Lists
5. Accessing Walking Workout Guide Store Hours Free and Paid eBooks
  - Walking Workout Guide Store Hours Public Domain eBooks
  - Walking Workout Guide Store Hours eBook Subscription Services
  - Walking Workout Guide Store Hours Budget-Friendly Options

6. Navigating Walking Workout Guide Store Hours eBook Formats
  - ePub, PDF, MOBI, and More
  - Walking Workout Guide Store Hours Compatibility with Devices
  - Walking Workout Guide Store Hours Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Walking Workout Guide Store Hours
  - Highlighting and Note-Taking Walking Workout Guide Store Hours
  - Interactive Elements Walking Workout Guide Store Hours
8. Staying Engaged with Walking Workout Guide Store Hours
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Walking Workout Guide Store Hours
9. Balancing eBooks and Physical Books Walking Workout Guide Store Hours
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Walking Workout Guide Store Hours
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout Guide Store Hours
  - Setting Reading Goals Walking Workout Guide Store Hours
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout Guide Store Hours
  - Fact-Checking eBook Content of Walking Workout Guide Store Hours
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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