



# 30 Day Walking Challenge For Beginners

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

**Suzanne Schlosberg, Liz Neporent**



## **Walking Workout Concert Tickets Guide:**

Fitness For Dummies Suzanne Schlosberg, Liz Neporent, 2010-12-07 The latest and greatest in getting fit and staying that way Fitness For Dummies 4th Edition provides the latest information and advice for properly shaping conditioning and strengthening your body to enhance overall fitness and health With the help of fitness professionals Suzanne Schlosberg and Liz Neporent you ll learn to set and achieve realistic fitness goals without expensive fitness club fees Achieve motivation and social support from social networking sites such as Twitter and Facebook Take advantage of digital resources such as e exercising programs video instructors digital training systems apps and more Gives you the latest tips and methods to test your own fitness level set realistic goals stick with your program and get great results Shows you how to spot where fat is sneaking into your diet Get the most out of high tech exercise machines and equipment plus tips for using dumbbells or a simple jump rope to achieve results Offers step by step instructions on creating a home gym on a budget Featuring all new informative fitness photos and illustrations this revised edition of Fitness For Dummies is all you need to get on track to a healthy new body

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**The Rough Guide to Boston** ,2008 The Churchman's shilling magazine and family treasury, conducted by R.H. Baynes Robert Hall Baynes, 1871 *Rockport's Complete Book of Exercise Walking* Gary Yanker, 1983

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