

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

Walking Workout Team Roster Prices

**Charles Protzman, Fred Whiton, Joyce
Kerpchar, Christopher
Lewandowski, Steve Stenberg, Patrick
Grounds**

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The Kennel Club Calendar and Stud Book ,1878 **Kiplinger's Personal Finance** ,1987-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics Perry & co's monthly illustrated price current Perry and co, ltd,1883 **Leveraging Lean in the Emergency Department** Joyce Kerpchar,Charles Protzman,George Mayzell,2017-08-02 This book is part of a series of titles that are a spin off of the Shingo Prize winning book Leveraging Lean in Healthcare Transforming Your Enterprise into a High Quality Patient Care Delivery System Each book in the series focuses on a specific aspect of healthcare that has demonstrated significant process and quality improvements after a Lean **The Lean Practitioner's Field Book** Charles Protzman,Fred Whiton,Joyce Kerpchar,Christopher Lewandowski,Steve Stenberg,Patrick Grounds,2016-04-05 While there are numerous Lean Certification programs most companies have their own certification paths whereby they bestow expert status upon employees after they have participated in or led a certain number of kaizen events Arguing that the number of kaizen events should not determine a person s expert status The Lean Practitioner s Field Book Proven Practical Profitable and Powerful Techniques for Making Lean Really Work outlines a true learning path for anyone seeking to understand essential Lean principles The book includes a plethora of examples drawn from the personal experiences of its many well respected and award winning contributors These experts break down Lean concepts to their simplest terms to make everything as clear as possible for Lean practitioners A refresher for some at times the text provides thought provoking questions with examples that will stimulate learning opportunities Introducing the Lean Practitioner concept the book details the five distinct Lean Practitioner levels and includes quizzes and criteria for each level It highlights the differences between the kaizen event approach and the Lean system level approach as well as the difference between station balancing and baton zone This book takes readers on a journey that begins with an overview of Lean principles and culminates with readers developing professionally through the practice of self reliance Providing you with the tools to implement Lean tools in your organization the book includes discussions and examples that demonstrate how to transition from traditional accounting methods to a Lean accounting system The book outlines an integrated structured approach identified by the acronym BASICS baseline analyze suggest solutions implement check and sustain which is combined with a proven business strategy to help ensure a successful and sustainable transformation of your organization A Wellness Way of Life Gwen Robbins,Debbie Powers,Sharon Burgess,2004 The Publishers' Trade List Annual ,1881 **Training for Race Walking** Frank McGuire,1962 *Journal of Sports Medicine and Physical Fitness* ,2006 *Human Resource Executive* ,1995 **New York Magazine** ,1991-04-15 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to

reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Indianapolis Monthly ,2006-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape

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Leveraging Lean in Ancillary Hospital Services Charles Protzman,Joyce Kerpchar,George Mayzell,2017-07-27 This book is part of a series of titles that are a spin off of the Shingo Prize winning book *Leveraging Lean in Healthcare Transforming Your Enterprise into a High Quality Patient Care Delivery System* Each book in the series focuses on a specific aspect of healthcare that has demonstrated significant process and quality improvements after a Lean **Scarlet and Black** ,1896

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