



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	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	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	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	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	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

Walking Workout Box Office Guide

Y Pai



Walking Workout Box Office Guide:

A Resource Guide for Fitness Programs for Older Persons Alan Pardini, Connie Mahoney, 1987 **Frommer's Complete Hostel Vacation Guide to England, Wales & Scotland** Kristina Cordero, 1996 More than 300 castles historic homes and other great places to stay for as little as 10 a night Cover **Box Office** ,1962 *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 **Clinical Guidelines in Adult Health** Constance R. Uphold, Mary Virginia Graham, 1998-07 Clinical Guidelines in Family Practice Constance R. Uphold, Mary Virginia Graham, 1998 Primary Care book for health Care Providers *AudArena Stadium ... International Guide* ,1988 *H-1B Handbook* Steven C. Bell, 2007 Group Discussion Guide ,1947 **AudArena Stadium International Guide & Directory** ,1986 **The Actor's Complete Summer Theater Guide** ,1988 *Access Guides* Access Press Staff, HarperReference, Access Press, 1998-04 Packed with information on a host of shops museums and landmarks and suggestions on more than 100 places to stay and 1 200 places to eat this complete guide to the Big Apple can satisfy even the most voracious travel appetites **Audio-visual Guide** ,1947 Guide to Official Statistics Great Britain. Central Statistical Office, 1990 Report California State Board of Health, 1896 **Mobil Travel Guide 2000, Great Lakes** ,2000 Maps of Illinois Indiana Michigan Ohio Wisconsin Ontario *College Guide for Performing Arts Majors* Carole J. Everett, Peterson's, 2009-09-14 Describes graduate programs in art dance music and theater and lists undergraduate programs Mobil Travel Guide Mobil Travel Guide, 2003-11 This planner is organized alphabetically by state with introductory information about the state followed by city listings in alphabetical order For each city the planner lists recommended sites and attractions and Mobil One to Five Star rated lodgings and restaurants **Let's Go: the Budget Guide to Britain and Ireland** ,1991 Mobil Travel Guide Mobil Travel Guide, 2003-11 This planner has introductory information about the state followed by city listings in alphabetical order For each city the planner lists recommended sites and attractions and Mobil One to Five Star rated lodgings and restaurants

The Enigmatic Realm of **Walking Workout Box Office Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Walking Workout Box Office Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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