



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 miles 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 1.7 min fast	2 miles 40 minutes moderate pace
2	1 miles 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 1.7 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 + 1.7 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 1.7 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 + 1.7 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 + 1.7 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 - 1.7 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

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Laura Putnam

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 - The Rise of Digital Reading Walking Workout Tricks Install
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Tricks Install
 - 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 Tricks Install
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Tricks Install
 - Personalized Recommendations
 - Walking Workout Tricks Install User Reviews and Ratings
 - Walking Workout Tricks Install and Bestseller Lists
5. Accessing Walking Workout Tricks Install Free and Paid eBooks

- Walking Workout Tricks Install Public Domain eBooks
- Walking Workout Tricks Install eBook Subscription Services
- Walking Workout Tricks Install Budget-Friendly Options

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- ePUB, PDF, MOBI, and More
- Walking Workout Tricks Install Compatibility with Devices
- Walking Workout Tricks Install Enhanced eBook Features

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- Adjustable Fonts and Text Sizes of Walking Workout Tricks Install
- Highlighting and Note-Taking Walking Workout Tricks Install
- Interactive Elements Walking Workout Tricks Install

8. Staying Engaged with Walking Workout Tricks Install

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Walking Workout Tricks Install

9. Balancing eBooks and Physical Books Walking Workout Tricks Install

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Walking Workout Tricks Install

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Walking Workout Tricks Install

- Setting Reading Goals Walking Workout Tricks Install
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Walking Workout Tricks Install

- Fact-Checking eBook Content of Walking Workout Tricks Install
- 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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