



# 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](http://LoveLifeBeFit.com)

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**Mark Fenton**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the Mark Fenton text bar.

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*La Follette's Weekly Magazine* ,1909     **Training for Race Walking** Frank McGuire,1962     *Calcium Antagonists Today and Tomorrow* ,1983     **Japan Weekly Mail** ,1876     **The Chautauquan** ,1886     **Harper's Young People** ,1886     **Medical Record** George Frederick Shrady,Thomas Lathrop Stedman,1899     **Man of Today** Russell Henderson,1940

*Congressional Record* United States. Congress,1992 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

**Medical News and Abstract** ,1884     **The Illustrated Weekly of India** ,1968     **The Publishers Weekly** ,1985

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## **Table of Contents Walking Workout This Week Open Now**

1. Understanding the eBook Walking Workout This Week Open Now
  - The Rise of Digital Reading Walking Workout This Week Open Now
  - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout This Week Open Now
  - 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 This Week Open Now
  - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout This Week Open Now

- Personalized Recommendations
- Walking Workout This Week Open Now User Reviews and Ratings
- Walking Workout This Week Open Now and Bestseller Lists
- 5. Accessing Walking Workout This Week Open Now Free and Paid eBooks
  - Walking Workout This Week Open Now Public Domain eBooks
  - Walking Workout This Week Open Now eBook Subscription Services
  - Walking Workout This Week Open Now Budget-Friendly Options
- 6. Navigating Walking Workout This Week Open Now eBook Formats
  - ePub, PDF, MOBI, and More
  - Walking Workout This Week Open Now Compatibility with Devices
  - Walking Workout This Week Open Now Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Walking Workout This Week Open Now
  - Highlighting and Note-Taking Walking Workout This Week Open Now
  - Interactive Elements Walking Workout This Week Open Now
- 8. Staying Engaged with Walking Workout This Week Open Now
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Walking Workout This Week Open Now
- 9. Balancing eBooks and Physical Books Walking Workout This Week Open Now
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Walking Workout This Week Open Now
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout This Week Open Now
  - Setting Reading Goals Walking Workout This Week Open Now
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout This Week Open Now

- Fact-Checking eBook Content of Walking Workout This Week Open Now
- 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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