



# 30 Day Walking Challenge For Beginners

1	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE					
	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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**United States. Congress**



## **Walking Workout This Week Open Now:**

The People's Medical Journal and Family Physician. Edited by Thomas Harrison Yeoman. Vol. 1. No. 1-26. 5 Jan.-29 June 1850 ,1850      Training, in Theory and Practice Archibald Maclaren,1874      **The Complete Guide to Walking for**

**Health, Weight Loss, and Fitness** Mark Fenton,2007      A Guide to Physical Fitness Charles Ward Crampton,1943

The People's Medical Journal, and Family Physician ,1850      *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit      **The 90-day Fitness Walking Program** Mark Fenton,Seth Bauer,1995 No exercise has swept the nation like walking It s simple it works and you ve been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It s the shoes choosing the right pair and why it s so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you

*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

Mid-Atlantic Country ,1994

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Walking Workout This Week Open Now**

In a world inundated with screens and the cacophony of fast communication, the profound power and emotional resonance of verbal artistry usually diminish in to obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the lyrical pages of **Walking Workout This Week Open Now**, a captivating work of literary splendor that impulses with fresh emotions, lies an wonderful journey waiting to be embarked upon. Published with a virtuoso wordsmith, that enchanting opus instructions viewers on a mental odyssey, softly revealing the latent possible and profound affect stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central subjects, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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