



28 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	1.5 miles 30 minutes moderate pace	2 miles 45 minutes 25 min slow + 20 min moderate	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	3 miles 51 minutes fast pace	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace	4 miles 68 minutes fast pace	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace
	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace	5 miles 85 minutes fast pace	3 miles 60 minutes moderate pace	5 miles 91 minutes 40 min mod + 51 min fast	6 miles 120 minutes moderate pace

Tips To Follow The 28-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 28-Day Walking Plan (and much more) at: LoveLifeBeFit.com

Cyber Week Walking Workout This Week

D Keegan

Cyber Week Walking Workout This Week:

Enjoying the Track of Term: An Emotional Symphony within **Cyber Week Walking Workout This Week**

In a global eaten by displays and the ceaseless chatter of instant connection, the melodic elegance and emotional symphony developed by the prepared word usually diminish into the back ground, eclipsed by the constant noise and interruptions that permeate our lives. Nevertheless, set within the pages of **Cyber Week Walking Workout This Week** an enchanting literary value full of natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that interesting masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed melodies and profound influence resonating within each carefully constructed phrase. Within the depths of this emotional analysis, we will investigate the book's key harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers' souls.

<https://crm.allthingsbusiness.co.uk/book/Resources/index.jsp/Mondeo%20Manual.pdf>

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