



28 Day Walking Challenge For Beginners

1

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|-------------------------------|------------------|-------------------------------|---------------|-------------------------------|----------------|
| 1 mile | 1.5 miles | 1.5 miles | 2 miles | 2 mile | 2 miles | 3 miles |
| 25 minutes | 35 minutes | 30 minutes | 45 minutes | 40 minutes | 37 minutes | 60 minutes |
| slow pace | 25 min slow + 10 min moderate | moderate pace | 25 min slow + 20 min moderate | moderate pace | 20 min moderate + 17 min fast | moderate pace |

2

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|-------------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 1 mile | 2 miles | 3 miles | 3 miles | 2 miles | 3 miles | 4 miles |
| 20 minutes | 37 minutes | 60 minutes | 51 minutes | 40 minutes | 57 minutes | 80 minutes |
| moderate pace | 20 min moderate + 17 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 17 min fast | moderate pace |

3

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 2 mile | 3 miles | 4 miles | 4 miles | 2 miles | 4 miles | 5 miles |
| 40 minutes | 57 minutes | 80 minutes | 68 minutes | 40 minutes | 74 minutes | 100 minutes |
| moderate pace | 40 min mod + 17 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 34 min fast | moderate pace |

4

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 2 mile | 4 miles | 5 miles | 5 miles | 3 miles | 5 miles | 6 miles |
| 40 minutes | 74 minutes | 100 minutes | 85 minutes | 60 minutes | 91 minutes | 120 minutes |
| moderate pace | 40 min mod + 34 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 51 min fast | 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 is 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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