



# 28 Day Walking Challenge For Beginners



	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b> 25 minutes slow pace	<b>1.5 miles</b> 35 minutes slow pace + 10 min moderate	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 45 minutes 25 min slow + 20 min moderate	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 17 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>2</b>	<b>1 mile</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 17 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>3 miles</b> 51 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>3</b>	<b>2 miles</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace	<b>4 miles</b> 68 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>4</b>	<b>2 miles</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace	<b>5 miles</b> 85 minutes fast pace	<b>3 miles</b> 60 minutes moderate pace	<b>5 miles</b> 91 minutes 40 min mod + 51 min fast	<b>6 miles</b> 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](http://LoveLifeBeFit.com)

# Walking Workout Guide Best Price

**Yan Bai**

**Walking Workout Guide Best Price:**

## Embracing the Tune of Phrase: An Mental Symphony within **Walking Workout Guide Best Price**

In a global eaten by screens and the ceaseless chatter of instant interaction, the melodic splendor and emotional symphony produced by the written word usually disappear into the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, set within the pages of **Walking Workout Guide Best Price** an enchanting fictional prize overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful composer of language, this interesting masterpiece conducts viewers on a mental journey, well unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of this poignant analysis, we shall explore the book's central harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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