



LOVELIFEBEFIT

# 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 Setup

**Reader's Digest Association**

## **Walking Workout Guide Setup:**

*The Walking Solution* Lee Scott, Michele Stanton, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability [Walk Alert: a National Pedestrian Safety Program Guide](#), 1994 [MCTS Windows Vista Client Configuration Study Guide \(Exam 70-620\)](#) Curt Simmons, 2007-08-15 The Best Fully Integrated Study System Available With hundreds of practice questions and hands on exercises MCTS Windows Vista Client Configuration Study Guide covers what you need to know and shows you how to prepare for this challenging exam 100% complete coverage of all official objectives for exam 70 620 Exam Readiness Checklist at the front of the book you're ready for the exam when all objectives on the list are checked off Inside the Exam sections in every chapter highlight key exam topics covered Simulated exam questions match the format tone topics and difficulty of the real exam Covers all the exam topics including Installation User Account Control and Parental Controls Windows Drivers Windows Aero and Internet Explorer Windows Defender and Windows Firewall Networking and Remote Access Media Applications Windows Mail and Windows Meeting Space Windows Sidebar Windows Calendar and Windows Fax and Scan Reliability and Performance Issues Windows Update Data Protection and Power Options Mobile Computing CD ROM includes Complete MasterExam practice testing engine featuring One full practice exam Detailed answers with explanations Score Report performance assessment tool 20 CertCam instructional video clips Windows and iPod format MasterSim interactive task simulation software One hour LearnKey video training session Electronic book for studying on the go With free online registration Bonus downloadable MasterExam practice test **Fitness Walking For Dummies** Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it's a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you're already a walking fanatic you'll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program

can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program **iPhone 17 Pro User Guide**

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format makes this a convenient reference in the clinical setting Lay flat binding allows the text to lay open for ease of use

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