



# 28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1 mile</b>	<b>1.5 miles</b>	<b>1.5 miles</b>	<b>2 miles</b>	<b>2 mile</b>	<b>2 miles</b>	<b>3 miles</b>
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
<b>1 mile</b>	<b>2 miles</b>	<b>3 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>4 miles</b>
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
<b>2 mile</b>	<b>3 miles</b>	<b>4 miles</b>	<b>4 miles</b>	<b>2 miles</b>	<b>4 miles</b>	<b>5 miles</b>
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
<b>2 mile</b>	<b>4 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>3 miles</b>	<b>5 miles</b>	<b>6 miles</b>
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 spilt 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

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## **Walking Workout Guide Setup:**

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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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## **Table of Contents Walking Workout Guide Setup**

1. Understanding the eBook Walking Workout Guide Setup
  - The Rise of Digital Reading Walking Workout Guide Setup
  - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Guide Setup
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Walking Workout Guide Setup
  - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Guide Setup
  - Personalized Recommendations
  - Walking Workout Guide Setup User Reviews and Ratings
  - Walking Workout Guide Setup and Bestseller Lists
5. Accessing Walking Workout Guide Setup Free and Paid eBooks
  - Walking Workout Guide Setup Public Domain eBooks
  - Walking Workout Guide Setup eBook Subscription Services

- Walking Workout Guide Setup Budget-Friendly Options
- 6. Navigating Walking Workout Guide Setup eBook Formats
  - ePub, PDF, MOBI, and More
  - Walking Workout Guide Setup Compatibility with Devices
  - Walking Workout Guide Setup Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Walking Workout Guide Setup
  - Highlighting and Note-Taking Walking Workout Guide Setup
  - Interactive Elements Walking Workout Guide Setup
- 8. Staying Engaged with Walking Workout Guide Setup
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Walking Workout Guide Setup
- 9. Balancing eBooks and Physical Books Walking Workout Guide Setup
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Walking Workout Guide Setup
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Guide Setup
  - Setting Reading Goals Walking Workout Guide Setup
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Guide Setup
  - Fact-Checking eBook Content of Walking Workout Guide Setup
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends



- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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