



# 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 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)

# Promo Code Walking Workout This Week

**Thomas Griffiths**



### **Promo Code Walking Workout This Week:**

Princeton Alumni Weekly ,2008      *The Rotarian: June 2015* ,      Prevention ,2007-11 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

**Kiplinger's Personal Finance** ,2010-01 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics      **Physical Fitness and Health Promotion in Active Aging** Keizō Shiraki,Sueko Sagawa,Mohamed K. Yousef,2001      *Body & Soul* ,2005

**Prevention** ,2006-05 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets      **Texas Parks & Wildlife** ,2015-07      **Ski** ,2005-11      **Travel &**

**Leisure** ,2004-05      **Runner's World** ,2007-04 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling      **Newsweek** ,2001      **The Nation** ,2010      *Feng Shui Mommy* Bailey Gaddis,2017-04-14 Impending motherhood serves up a confusing cocktail of

heroic strength and terrifying vulnerability Our culture has seized on the vulnerability part of this experience and tends to reinforce a pregnant woman s insecurities instead of encouraging her to embrace this most natural time and trust her body her intuition and her own mind Feng Shui Mommy takes a different approach helping the expecting mother build her own unique epic journey to motherhood It s about supporting her while she shores up her mind body spirit alignment so she can best handle the cosmic kick in the uterus and juicy kiss on the soul that pregnancy is Bailey Gaddis guides women through the experience providing specific suggestions for mind body and spirit for each trimester including the fourth after birth leading to birth preparation designed for each mother and baby and culminating in strong mother child bonding She includes detailed and practical information about prenatal exercise and nutrition birth preferences and birthing positions breath work breastfeeding and much more Her advice allows mothers to welcome delight and curiosity into the journey while taking each phase with purpose and calm and even a sense of fun This comprehensive guide makes challenge and change joyful allowing new life to be as incomparably wonder filled as it is meant to be      Love the Leveller. A Tale of the Great Rebellion Angus

Comyn,1876      *Kiplinger's Personal Finance* ,2010      The Friend ,1874      Adapted Physical Activity Quarterly ,2001

**Harper's Weekly** John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1872      A Digest of New York Statutes and Reports Austin Abbott,1886

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