



28 Day Walking Challenge For Beginners



	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.5 miles 30 minutes moderate pace	2 miles 45 minutes 25 min slow + 20 min moderate	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	3 miles 51 minutes fast pace	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace	4 miles 68 minutes fast pace	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace
	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace	5 miles 85 minutes fast pace	3 miles 60 minutes moderate pace	5 miles 91 minutes 40 min mod + 51 min fast	6 miles 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

Promo Code Walking Workout This Week

Thomas Griffiths

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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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