



# 30 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 25 min slow + 10 min moderate	<b>1 miles</b> 25 minutes slow pace	<b>1.2 miles</b> 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	<b>1 miles</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 3.7 min fast	<b>2 miles</b> 40 minutes moderate pace
<b>2</b>	<b>1 miles</b> 25 minutes slow pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1.8 miles</b> 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 3.7 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>3</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 3.7 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>4</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>3 miles</b> 54 minutes 20 min mod + 3.4 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 3.7 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>5</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 3.4 min fast					

## Tips To Follow The 30-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 - 1.7 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.

# Walking Workout This Week Warranty

**Wenbin Ji**

## **Walking Workout This Week Warranty:**

**The Complete Fitness Guide for Women** Mamta Singh,2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU

**Ebony**,2008-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

**The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007

**Mathematics in Action** Doug Brown,1996

This is a comprehensive differentiated course suitable for students of all abilities It is written specifically for standard grade through appropriate for other UK curricula Chapters begin with looking back exercises for consolidation of the work The fully differentiated contents have graded exercises Review sections enable students to develop mathematical competence and confidence There are photocopiable resources for general and credit students

**Good Housekeeping**,1998

**Walk It Off!**

Mark Fenton,2002

**Sporting Magazine**,1822

**Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

**Practical Jumping** John Lionel Mackenzie Barrett,1930

**Ebony**

,2008

**The Publishers Weekly**,2004

**I Know I Should Exercise, BUT --** Joe Sweeney,1998

**Sunset**,1993

**Ohio**

**Practical Farmer**,1893

**Consumers Index to Product Evaluations and Information Sources**,1992

**Parents**

,2001

**Time**,2008

**Runner's World**,1991

**Country Living**,1994

**Popular Science**,1994-07

This book delves into Walking Workout This Week Warranty. Walking Workout This Week Warranty is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Walking Workout This Week Warranty, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Walking Workout This Week Warranty
- Chapter 2: Essential Elements of Walking Workout This Week Warranty
- Chapter 3: Walking Workout This Week Warranty in Everyday Life
- Chapter 4: Walking Workout This Week Warranty in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Walking Workout This Week Warranty. This chapter will explore what Walking Workout This Week Warranty is, why Walking Workout This Week Warranty is vital, and how to effectively learn about Walking Workout This Week Warranty.
3. In chapter 2, the author will delve into the foundational concepts of Walking Workout This Week Warranty. This chapter will elucidate the essential principles that need to be understood to grasp Walking Workout This Week Warranty in its entirety.
4. In chapter 3, this book will examine the practical applications of Walking Workout This Week Warranty in daily life. The third chapter will showcase real-world examples of how Walking Workout This Week Warranty can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Walking Workout This Week Warranty in specific contexts. This chapter will explore how Walking Workout This Week Warranty is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Walking Workout This Week Warranty. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout This Week Warranty.

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