



30 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 miles 25 minutes slow pace | 1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10 | 1 miles 20 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 2 miles 40 minutes moderate pace |
| 2 | 1 miles 25 minutes slow pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 1.5 miles 35 minutes 25 min slow + 10 min moderate | 1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 3 miles 60 minutes moderate pace |
| 3 | 1.5 miles 30 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 4 miles 80 minutes moderate pace |
| 4 | 1.5 miles 30 minutes moderate pace | 3 miles 54 minutes 20 min mod + 34 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 1.7 min fast | 5 miles 100 minutes moderate pace |
| 5 | 1.5 miles 30 minutes moderate pace | 4 miles 74 minutes 40 min mod + 34 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.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout This Month Open Now

Didier Musso

Walking Workout This Month Open Now:

Scribners Monthly ,1878 Ballou's Monthly Magazine ,1880 **Indianapolis Monthly** ,2006-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape Indianapolis Monthly ,2005-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **The Leisure Hour Monthly Library** ,1855 *Popular Science Monthly and World's Advance* ,1890 Atlantic Monthly ,1879 **Harper's New Monthly Magazine** Henry Mills Alden, Frederick Lewis Allen, Lee Foster Hartman, Thomas Bucklin Wells, 1872 Important American periodical dating back to 1850 *Indianapolis Monthly* ,2005-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape

The Health Reformer ,1871 *Harper's New Monthly Magazine* ,1872 Harper s Magazine made its debut in June 1850 the brainchild of the prominent New York book publishing firm Harper Brothers Harper s Magazine the oldest general interest monthly in America explores the issues that drive our national conversation through long form narrative journalism and essays and such celebrated features as the iconic Harper s Index With its emphasis on fine writing and original thought Harper s provides readers with a unique perspective on politics society the environment and culture **Century Illustrated Monthly Magazine** ... ,1888 *The visitor or monthly instructor* ,1836 Indianapolis Monthly ,2005-09 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007 Mind and Body ,1907 **Frank Leslie's Popular Monthly** Frank Leslie,1881 Reports from Commissioners Great Britain. Parliament. House of Commons,1871 **International Record of Medicine and General Practice Clinics** Frank Pierce Foster,1884 The Chautauquan ,1886

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Table of Contents Walking Workout This Month Open Now

1. Understanding the eBook Walking Workout This Month Open Now
 - The Rise of Digital Reading Walking Workout This Month Open Now
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout This Month Open Now
 - 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 This Month Open Now
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout This Month Open Now
 - Personalized Recommendations
 - Walking Workout This Month Open Now User Reviews and Ratings
 - Walking Workout This Month Open Now and Bestseller Lists

5. Accessing Walking Workout This Month Open Now Free and Paid eBooks
 - Walking Workout This Month Open Now Public Domain eBooks
 - Walking Workout This Month Open Now eBook Subscription Services
 - Walking Workout This Month Open Now Budget-Friendly Options
6. Navigating Walking Workout This Month Open Now eBook Formats
 - ePUB, PDF, MOBI, and More
 - Walking Workout This Month Open Now Compatibility with Devices
 - Walking Workout This Month Open Now Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout This Month Open Now
 - Highlighting and Note-Taking Walking Workout This Month Open Now
 - Interactive Elements Walking Workout This Month Open Now
8. Staying Engaged with Walking Workout This Month Open Now
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout This Month Open Now
9. Balancing eBooks and Physical Books Walking Workout This Month Open Now
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout This Month Open Now
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout This Month Open Now
 - Setting Reading Goals Walking Workout This Month Open Now
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout This Month Open Now
 - Fact-Checking eBook Content of Walking Workout This Month Open Now
 - 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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