



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 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 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 + 17 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 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 + 17 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 + 17 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 - 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 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout This Month Install

CL Gary



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Hope Lives Trudie-Pearl Sturgess,2012-05 Dr Josh O kelly is a handsome former OHL player who lives on the edge and never gives a damn about the consequences of his actions Josh was sentenced to five months in jail for drinking and driving with a suspended license The authorities tried to charge him with crimes against humanity during the civil war in Liberia and failed With help from Lock Washington Tia Carter will make a powerful movie loosely based on Josh s experiences during the Liberian civil war portraying good men witnessing violence becoming the kinds of persons capable of horrible acts of violence How is Josh going to charm his way out of this mess

Walking Networks Blake Morris,2019-11-05 Since the early 2000s there has been an increase in artists who are walking as an essential part of their artistic practice This book identifies the unique attributes of walking to develop a definition for walking as an artistic medium Drawing on historical sources such as the walks of the Romantic poets Dadaists and Letterist Situationist Internationals it presents a practice based approach to walking focused on the radical memory of the medium The book covers three contemporary organisations working to develop the artistic medium of walking London s Walking Artists Network Scotland s Walking Institute and New York City s Walk Exchange and looks at how these different organisation s strategies contribute to the development of the artistic medium of walking The book is framed by five walking exercises and invites the reader to create a memory palace for the medium of walking as a practical exploration of artistic walking practices

Building Strength and Stamina Wayne L. Westcott,Nautilus Human Performance Systems,2003 Explains how to exercise with weights and why strength training is important with step by step instructions and photographs describing how to properly perform various strenght building exercises

Indianapolis Monthly ,2003-09 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 Money Saving Mom's Budget Crystal Paine,2012-01-10 From one of Nielsen s top 50 power moms comes advice you can take to the bank literally Crystal Paine who has helped busy women everywhere take control of their finances presents her most effective strategies designed for families of all sizes and income levels With hundreds of inspiring why didn t I think of that tips plus worksheets Paine breaks down your goals into easy manageable steps so you can Achieve a complete financial makeover Set up a realistic budget Never pay retail Slash your grocery bill Organize your time and your home Use coupons wisely Pay with cash only Live simply Become debt free Choose contentment Make every dollar count

Frank Leslie's Popular Monthly Frank Leslie,1894 **Bottom Line, Personal** ,2005 **Six Months Hence** ,1873

Demorests' Monthly Magazine ,1885 **Mademoiselle** ,1979 **Indianapolis Monthly** ,2006-03 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 Your Personal Paleo Diet Chris Kresser, 2013-12-31 The idea behind the Paleo or caveman diet is simple eat the food we humans were genetically and biologically meant to eat as our hunter gatherer ancestors once did and we can all experience near effortless weight loss increased vitality and greatly improved health But does it really make sense to restrict yourself to the limited range of foods available to our ancestors Although we share a lot in common with them we each have our own genes tastes and health goals In this groundbreaking book leading expert Chris Kresser offers his unique solution a 3 step plan that will fit your body your lifestyle and your specific health issues Start by following the basic Paleo plan for 30 days and enjoy a satisfying diet of lean meat fish non starchy vegetables some fruit nuts and seeds but avoid grains dairy sugar and refined foods After this 30 day plan Chris helps you re introduce certain foods in moderation to find out what agrees with you and what doesn't So what are you waiting for You can enjoy life more look slimmer and feel more vital And because Chris advocates an 80/20 approach we all have to live in the real world after all you can still enjoy your favourite treats from time to time In addition to dietary advice the plan also includes guidance on fine tuning your sleep exercise and response to stress all crucial elements in living a life that suits our natural design Demorest's Monthly Magazine ,1885 **Better Than Ever** Lisa Hoffman, Anita Weil Bell, 1997 Provides a program of exercise nutrition and relaxation aimed at preventing heart disease and osteoporosis and minimizing the side effects of menopause such as mood swings hot flashes and fatigue **Monthly Bulletin** Indiana State Board of Health, 1915 **Electrical Installation Record** ,1910 Telephony ,1934 **Good Housekeeping** ,1995 **National Science Foundation ... Engineering Senior Design Projects to Aid the Disabled** ,1992 **Wage Incentive Methods, Their Selection, Installation and Operation** Charles Walter Lytle, 1945

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