

30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

Check out the full 30-Day Walking Challenge (and much more!) at MarathonHandbook.com

Team Roster Walking Workout Top

Swimming pool age



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Graphic Sports Felix Abayateye, 2010-01-08 Practical Sports Nutrition Louise Burke, 2007 Practical Sports Nutrition provides detailed sport specific advice that enables you to approach individual athletes and teams with an understanding of their sport and unique nutritional needs Baseball and New York: A Poetic Walk Randall Wayne McLean, 2015-12-03 For Randall McLean talking about baseball is as easy as breathing He can have a casual conversation with anybody on any baseball related topic As a baseball aficionado and researcher Randall nicknamed Bando grew up around baseball from playing Little League to coaching Little League In *Baseball and New York A Poetic Walk* Randall writes on a vast array of all things baseball and New York from his trips to Cooperstown at the National Baseball Hall of Fame to his adventurous first and subsequent trips to New York City including his experience during 9 11 He not only walks you through written historical achievements but also his own personal baseball stories which is reflected through his poetry From his insightful humor and personal viewpoints into baseball his passion for the game shows through in his writings not only for the experienced baseball fan but for those who want to cherish and celebrate history His love for the sport has inspired him to write *Baseball and New York A Poetic Walk* his first written homage to the sport Randall lives with his wife outside Vancouver British Columbia For more information visit www.baseballsayitaintso.blogspot.ca *Football and American Identity* Frank Hoffmann, Gerhard Falk, Martin J Manning, 2013-10-08 Learn the value of football to American society No sport reflects the American value system like football Visitors to the United States need only watch a game or two to learn all they need to know about the American way of life and the beliefs attitudes and concerns of American society *Football and American Identity* examines the social conditions and cultural implications found in the football subculture represented by core values such as competition conflict diversity power economic success fair play liberty and patriotism This unique book goes beyond the standard fare on football strategy and history or the biographies of famous players and coaches to analyze the reasons why the game is the essence of the American spirit Author Gerhard Falk Professor of Sociology at the State University College of New York at Buffalo examines football as a game as a business and as a reflection of the diversity in American life *Football and American Identity* also addresses the relationship between football and the media with much of the game's income generated by advertising and endorsements and examines the presence of crime in football culture The book discusses the development of the game and those involved in it at the Pop Warner college and professional levels examining the social origin of players coaches cheerleaders and owners In addition *Football and American Identity* analyzes the game's fans and their devotion to their teams examines why Pennsylvania is considered the mother of American football and looks at the National Football League and its commissioners *Football and American Identity* examines how individualism and achievement can lead to mythological status why a person's occupation is the most important indicator of prestige in the United States what the consequences are of earning more in a year than most Americans make in a lifetime why equality is

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