



# 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](http://LoveLifeBeFit.com)

# Walking Workout Zelle Deal

**Robert Hunter**



## **Walking Workout Zelle Deal:**

*It's Elementary* Elise Bryant, 2024-07-09 A fast paced completely delightful new mystery about what happens when parents get a little too involved in their kids schools from NAACP Image Award nominee Elise Bryant Mavis Miller is not a PTA mom She has enough on her plate with her feisty seven year old daughter Pearl an exhausting job at a nonprofit and the complexities of a multigenerational household So no one is more surprised than Mavis when she caves to Trisha Holbrook the long reigning slightly terrifying PTA president and finds herself in charge of the school s brand new DEI committee As one of the few Black parents at this California elementary school Mavis tries to convince herself this is an opportunity for real change But things go off the rails at the very first meeting when the new principal s plans leave Trisha absolutely furious Later that night when Mavis spies Trisha in yellow rubber gloves and booties lugging cleaning supplies and giant black trash bags to her waiting minivan it s only natural that her mind jumps to somewhere it surely wouldn t in the light of day Except Principal Smith fails to show up for work the next morning and has been MIA since the meeting Determined to get to the bottom of things Mavis along with the school psychologist with the great forearms look it s worth noting launches an investigation that will challenge her views on parenting friendship and elementary school politics Brilliantly written *It s Elementary* is a quick witted escapist romp that perfectly captures just how far parents will go to give their kids the very best all wrapped in a mystery that will leave you guessing to the very end

**Assessment of Young Children with Special Needs** Susan M. Benner, Joan Grim, 2013 There are many assessment systems available to provide the answers teachers and parents seek regarding the progression of infants toddlers and young children However simply choosing and administering an assessment instrument or procedure from the wide array of tools available today can be an overwhelming task Assessment of Young Children with Special Needs helps prepare teachers for the task of evaluating the skills of infants toddlers and preschool children with developmental delays and those considered at risk to

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