



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

A Loxley



Walking Workout This Month:

The Hahnemannian Monthly ,1887 *The Ischemic Extremity* Heron E. Rodriguez,James S. T. Yao,2010 Newsletter ,1978 Wallace's Monthly ,1891 Cardiorespiratory Fitness in Cardiometabolic Diseases Peter Kokkinos,Puneet Narayan,2019-03-18 This book examines the links between physical activity PA cardiorespiratory fitness CRF and cardiovascular and metabolic diseases It presents an overview of the role of PA and CRF in the prevention and management of risk factors associated with cardiometabolic diseases such as hypertension peripheral vascular disease stroke type 2 diabetes metabolic syndrome dyslipidemia obesity and atherosclerosis In addition it explores how these risks vary with different populations such as the elderly and people of various racial backgrounds The book also highlights risks associated with exercise and presents a prescription for appropriate and efficacious exercise to minimize risk and maximize health benefits for the heart Cardiorespiratory Fitness in Prevention and Management of Cardiometabolic Disease is an essential resource for physicians exercise physiologists medical students residents fellows nurses and researchers in cardiology cardiorespiratory fitness exercise science health promotion and disease prevention public health and epidemiology

Ballou's Dollar Monthly Magazine ,1883 **Scribners Monthly** ,1878 **Demorests' Monthly Magazine** ,1889

The Hahnemannian Monthly ,1929 **Annual Report of the School Board of the City of Milwaukee for the Year Ending ...** Milwaukee (Wis.). School Board,1877 **Manual of British Rural Sports ...** Stonehenge (pseud. [i.e. John Henry Walsh.]),1871 *Demorest's Monthly Magazine* ,1891 **Health Reports** ,2000 *Manual of British Rural Sports ... Fifth Edition, Etc. With Plates* ,1871 *The Healthy Heart Walking Book* The American Heart Association,1995-08-23

Walk your way to health and well being Regardless of your level of fitness you can improve your cardiovascular health weight control stress management and overall well being through a simple walking program In the American Heart Association s *The Healthy Heart Walking Book* the leading crusader in the fight against heart disease tells you all you need to get started Simple quizzes help you assess your fitness level and determine your short and long range goals as well as your personal fitness barriers Throughout the book you ll find tips on Choosing the right shoes Eating right Trying new posture and breathing techniques Stretching to warm up and cool down Increasing your walking speed and endurance Keeping yourself motivated Charting your progress new ideas and future goals in a special fill in diary Here are all the walking tools you need to increase your stamina ability and fitness So whether your idea of a walk is a stroll around the block or ten laps at the track *The Healthy Heart Walking Book* will start you on the road to a fit lifestyle *Century Illustrated Monthly Magazine ...* ,1878

The Ludgate Monthly ,1898 **Monthly Homoeopathic Review** ,1888 Figure Training; or, Art the Handmaid of Nature. With ... illustrations. By E. D. M. E. D. M.,1871 **Transactions of the Annual Meeting** National Tuberculosis Association,1919

Whispering the Techniques of Language: An Emotional Quest through **Walking Workout This Month**

In a digitally-driven world wherever displays reign great and instant transmission drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words frequently move unheard. Yet, located within the pages of **Walking Workout This Month** a charming literary value blinking with raw thoughts, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, this enchanting opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the emotional depths of the poignant evaluation, we shall embark upon a heartfelt exploration of the book's key subjects, dissect its interesting writing model, and fail to the powerful resonance it evokes heavy within the recesses of readers' hearts.

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