



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

Target Walking Workout Guide

Fred N. Ranck, National Safety Council

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Target Walking Workout Guide:

The Complete Idiot's Guide to Walking For Health Erika Peters, 2000-03-01 You're no idiot of course. You've been meaning to get on track to a happier, healthier life and you've heard that walking burns the same amount of calories as jogging. But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions. Lace up your sneakers. The Complete Idiot's Guide to Walking for Health will help you develop a walking program and be with you every step of the way. In this Complete Idiot's Guide you get Simple steps to figure out your waist to hip ratio and fitness level. Easy ways to stay motivated and energetic. Time saving tips on incorporating walking workouts into your busy life. Expert advice on how walking helps you age gracefully. *Women's Health and Fitness Guide* Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006 Examining the benefits of exercise for women from osteoporosis prevention to reducing the risk of cardiovascular disease, this book reviews the physiological fitness differences between men and women. It also helps women to tailor an exercise programme to their stage in life: adolescence, pre-menopause, menopause, post-menopause and ageing. *Facts About-- Exercise*, 1987 *Shapewalking* Marilyn L. Bach, Lorie Schleck, 2003 ShapeWalking goes beyond most fitness walking programs by adding toning and stretching to an aerobic walking regimen. Exercisers use their own body weight and portable exercise bands for strength training to help control weight, develop muscle and prevent or reverse bone density loss. Addressing people of all fitness levels, the authors discuss getting started, setting attainable goals, achieving a target heart rate and toning the most common trouble spots. Workouts include an antiosteoporosis workout that strengthens the bones most affected by the disease. Completely updated, this book also includes current resources, photos demonstrating proper form, charts for keeping track of progress and safety tips for preventing injuries. **The Woman's Day Guide to Lasting Weight Loss** Kathy Keenan Isoldi, 2006-11 Created by registered dietician Kathy Keenan Isoldi and the editors of Woman's Day, this is an expanded version of the most popular and successful weight loss plan that Woman's Day has ever published. The 10 easy steps will give you all the knowledge and tools you need to achieve your weight loss goals and maintain them. Women face unique challenges while trying to achieve a healthier weight and lifestyle. Whether you're trying to get back to your pre-pregnancy weight or shed those pesky last 10 pounds, you'll find support and guidance within the pages of this book. The Woman's Day Guide to Lasting Weight Loss offers a friendly plan that you can incorporate into your busy life. Practical tips and trouble shooting charts will help you navigate around the many obstacles women face while trying to eat healthier, increase physical activity and improve health. Nutrient packed, easy to prepare recipes, daily menu plans, worksheets and best food choice lists will help you set yourself up for success. Follow the 10 steps outlined in the book and explore how wonderful it feels to eat well, lose weight, improve your energy level and feel great everyday. **Big Book of Self-Reliant Living** Walter Szytkitka, 2009-10-14 Rural homesteaders and urban apartment dwellers alike will find a mother lode of practical information packed into this completely revised and updated edition of the

ultimate how to handbook for all generations A selective compendium of public domain documents it brings together in one volume a wealth of knowledge and useful instruction on just about every imaginable aspect of self sufficiency from building a dwelling and growing food to raising children using tools of all kinds and yes getting more mileage out of your car Readers will learn how to build a greenhouse administer first aid stock an emergency shelter survive in the wilderness at sea and in the city plant buy farmland grow plants indoors and out read architect s drawings care for household pets repair clothing hunt trap and fish repair a screen or leaking faucet butcher and store big game kill relieve allergy symptoms control insects stay safe during storms and floods can and freeze fruits and vegetables take your own blood pressure and much much more Praise for a previous edition How we have survived this long without this book I don t know The concept is brilliant and simple If we had lived in a rural community a century ago much of the knowledge gathered here would have been in our bones Harper s *Bulletin* ,1991-07 *Medical and Health Guide for People Over Fifty* Dartmouth Institute for Better Health,1986 **Walking for Health and Fitness** Consumer Guide,1988 [American Heart Association Guide to Heart Attack](#) American Heart Association,1998 Presents information on the treatment recovery and prevention of heart attack discussing the warning signs the causes and health consequences of an attack and the steps that can be taken to prevent a repeat episode **Walking for Fitness** Lon H. Seiger,James L. Hesson,1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness *Walk Alert: National Pedestrian Safety Program: 1989 Program Guide* Fred N. Ranck,National Safety Council,1989 [Complete Guide to Figure Shaping](#) S Charles T. Kuntzleman,1983-11 [The Complete Guide to Walking for Health, Weight Loss, and Fitness](#) Mark Fenton,2007 *Bulletin - Holmes Safety Association* Holmes Safety Association,1991 **Y's Way to Fitness** **Walking** June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 **Nutrition for Health, Fitness, & Sport** Melvin H. Williams,1999 **Lifetime Fitness and Wellness** Melvin H. Williams,1990 As our nation focuses more on health wellness and the behaviors that contribute to a happier more positive lifestyle you and your students will probably find you need some assistance wading through the glut of information Dr Melvin Williams brings you the text to help you clearly understand the science behind the many aspects of fitness and wellness in Lifetime Fitness and Wellness A Personal Choice Fourth Edition **Your Astrological Guide to Fitness** Eva Shaw,1988 *Desktop Publishing by Design* Ronnie Shushan,Don Wright,Laura Lewis,1996 A solid seller for the last eight years Desktop Publishing by Design offers in this new fourth edition a primer for using PageMaker 6 design software to create professional quality publications Fully covering design principles and practices using PageMaker the guide also provides hands on projects and a portfolio of great design ideas

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