



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 Week Customer Service

Jennifer A. Dupuis



Walking Workout This Week Customer Service:

IRS Customer Service United States. General Accounting Office,1999 **Help Clients Lose Weight** IDEA Health & Fitness,2002 **How to Motivate and Retain Your Clients** IDEA Health & Fitness,2002 *Health Fitness Management* Mike Bates,2008 This is a comprehensive resource for the management and operation of health and fitness facilities and programmes **Cable Vision** ,1993 The premium entertainment magazine Hotelier ,2007 *Employment and Training Reporter* ,2000 **Golfdom** ,2007 **Landing Your First Real Job** Linda Linn,1996 In today's brutal job market first time job seekers need all they help they can muster They'll find it here in this inspiring A to Z guide that speaks directly to the newest career seeking generation Linn shows how to create ultra compelling resumes describes the top 20 corporate entry level jobs and reveals how to subtly take charge in an interview Futures Research Quarterly ,1991 **Training** ,1991 *Transforming Library Service Through Information Commons* D. Russell Bailey,Barbara Gunter Tierney,2008-02-25 The Information Commons IC strives to unite all the facts and figures of the world into a resource available to everyone This work presents the how to information necessary for institutions considering the development of an information commons Offering advice on what works it includes case studies from small and large academic libraries **Walk with Ease** ,1999 A basic easy guide to creating your own walking fitness plan including how to get started and stay motivated **Runner's World** ,2003 Flowers & ,1988 *First Stop for Jobs and Industries* Jennifer A. Dupuis,1999-11 Profiles over 1000 industries and 500 occupations and provides reviews of the top companies Manual of Treatment by Massage and Methodical Exercise Joseph Scriber,1887 **Franchising Opportunities** ,1990 Catalog of Best-selling Teaching Materials Harvard Business School Publishing Corporation,1999 Successful Meetings ,1998-04

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