



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 Guide Store Hours

Franco Columbu



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available in a CD ROM format and is intended to help develop and document airport business continuity plans or revise current plans in light of this guidance The CD is also available for download from TRB s website as an ISO image Publisher s description The Business Mom Guide Book Terilee Harrison,2006 Business Entrepreneurship **The Businessman's Minutes-A-Day Guide to Shaping Up** Franco Columbu,1983 **Walking Medicine** Gary Yanker,Kathy Burton,1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems **The Structured Cobler's Guide** Thayne A. Shank,1984 *Meeting Program* American Society of Agricultural Engineers. International Winter Meeting,1988* *Walk-over Shoe Prints* Keith, Geo, E., Company,1929 *An Invitation to Fitness and Wellness* Dianne R. Hales,Charlene Zartman,2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility *A Man's Guide to Business and Social Success* Barry James,1969 *Walking in the Mountains* Edith Rogovin Frankel,2003-09-15 Though this book was written with women in mind men will enjoy the ins and outs of proper equipment usage difficulty level of various mountains the kinds of terrain a child may or may not be able to handle and the health and spiritual benefits of walking in the mountains *The Quitting Game* Patricia West Barker,1981 Motion Picture Herald ,1935 **Medical and Health Guide for People Over Fifty** Dartmouth Institute for Better Health,1986

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