

GET-MOVING WALKING PLAN

LEVEL:

Beginner

SESSION TIMES:

30 to 35 minutes

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train* for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 15 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 30 minutes . RPE: 5–7	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
2	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then do 5 minutes at a brisk pace. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
3	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 5 minutes at a moderate pace, then go briskly for 10. Repeat 2x more for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5
4	Walk at a steady, moderate pace for 30 minutes . RPE: 5	Walk for 9 minutes briskly; recover for 1 minute. Repeat 2x more, for a total of 30 minutes . RPE: 6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk for 20 minutes at a moderate pace, then do 10 briskly, followed by 5 fast, for a total of 35 minutes . RPE: 5–7	Walk for 25 minutes at a moderate pace, then go briskly for 10 minutes, for a total of 35 minutes . RPE: 5–6	Walk or cross-train for 30 minutes —or take the day off. Your choice. RPE: 5	Walk at a steady, moderate pace for 30 minutes . RPE: 5

★ **RPE:** Rate of Perceived Exertion. RPE is a self-measurement of how hard you feel you're working out, with 0 being no effort and 10 being heart-pounding, sweat-dripping super hard. Aiming for an RPE of at least 5 will help produce the best weight-loss results.

★★ **Cross-train:** Choose an activity, other than walking, that you enjoy. It can be cardio or resistance moves—anything from swimming to yoga.

Adapted from Family Circle.

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The information and fitness plan provided in this document are not intended to be a substitute for professional medical advice. Always consult with your physician or other qualified health provider before beginning a fitness plan.



Walking Workout This Week Tutorial

Yicheng Fang



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Table of Contents Walking Workout This Week Tutorial

1. Understanding the eBook Walking Workout This Week Tutorial
 - The Rise of Digital Reading Walking Workout This Week Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout This Week Tutorial
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout This Week Tutorial
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout This Week Tutorial
 - Personalized Recommendations
 - Walking Workout This Week Tutorial User Reviews and Ratings
 - Walking Workout This Week Tutorial and Bestseller Lists
5. Accessing Walking Workout This Week Tutorial Free and Paid eBooks
 - Walking Workout This Week Tutorial Public Domain eBooks
 - Walking Workout This Week Tutorial eBook Subscription Services
 - Walking Workout This Week Tutorial Budget-Friendly Options

6. Navigating Walking Workout This Week Tutorial eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout This Week Tutorial Compatibility with Devices
 - Walking Workout This Week Tutorial Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout This Week Tutorial
 - Highlighting and Note-Taking Walking Workout This Week Tutorial
 - Interactive Elements Walking Workout This Week Tutorial
8. Staying Engaged with Walking Workout This Week Tutorial
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout This Week Tutorial
9. Balancing eBooks and Physical Books Walking Workout This Week Tutorial
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout This Week Tutorial
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout This Week Tutorial
 - Setting Reading Goals Walking Workout This Week Tutorial
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout This Week Tutorial
 - Fact-Checking eBook Content of Walking Workout This Week Tutorial
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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3 sketsa gambar pemandangan bawah laut 4 sketsa gambar pemandangan laut

15 contoh gambar sketsa pemandangan alam broonet - Jul 06 2023

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