



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 Returns

Jin-Ying Zhang



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Clinical Exercise E-Book Melainie Cameron, Steve Selig, Dennis Hemphill, 2011-02-20 Please note that this eBook does not include the DVD accompaniment. If you would like to have access to the DVD content, please purchase the print copy of this title. Exercise is integral in the treatment of debilitating conditions such as diabetes, cardiovascular diseases, obesity, back pain, and arthritic conditions. This new book presents succinct summaries of the evidence underpinning the use of exercise as therapy and highlights through case studies the current challenges and complexities of clinical practice. This highly readable text also includes more than 30 comprehensive clinical cases exploring client presentations in the areas of cardiovascular, musculoskeletal, respiratory, neurological, metabolic, and occupational rehabilitation. Clinical Exercise: a case-based approach will appeal to students and practitioners committed to evidence-based and reflective practice. Clinical presentations include obesity and overweight, occupational rehabilitation, athletic injuries, and metabolic disorders. Over 30 case studies comprehensively presented with summary boxes and discussion questions. Case studies are presented in the familiar SOAP clinical note-taking format as well as in engaging narratives. Appendices include diagnostic and classification criteria, references to guidelines for clinical management and contraindications for exercise in clinical populations, DVD demonstrations of clinical interviews, physical examinations, exercise assessments, and exercise interventions with real-life clients.

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