

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.

Walking Workout This Week Tutorial

Rens van de Schoot, Milica Miočević



Walking Workout This Week Tutorial:

Decoding **Walking Workout This Week Tutorial**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Walking Workout This Week Tutorial**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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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

Walking Workout This Week Tutorial Introduction

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