



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 Ideas

Brittany Poulson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Walking Workout Ideas:

Enjoying the Tune of Expression: An Emotional Symphony within **Walking Workout Ideas**

In a world eaten by screens and the ceaseless chatter of instantaneous connection, the melodic beauty and emotional symphony created by the published term frequently fade in to the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, located within the pages of **Walking Workout Ideas** an enchanting literary treasure brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts visitors on a psychological trip, well unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving examination, we will explore the book's main harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers' souls.

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ryan satin is an american pop culture and professional wrestling journalist he was a producer for tmz 1 and founded pro wrestling sheet 2 which reports on professional wrestling and mixed martial arts he has since left the site and now works for fox sports he is the son of scott satin a hollywood producer and writer 3 career

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