

# 30 Day Walking Challenge For Beginners

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	40 minutes
slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
7 mile	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	60 minutes
slow pace	20 min moderate + 17 min fast	25 min slow + 10 min moderate	5 min slow + (2 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minuses	100 minutes
moderate pace	20 min mod + 34 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE					
1.5 miles	4 miles	Time to the second				
30 minutes	74 minutes					

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 spilt into 2

40 min mod + 34

main fact

5. Repeat a week if you find it too hard.

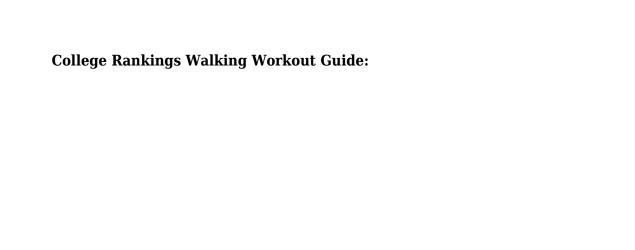
moderate pace

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

# **College Rankings Walking Workout Guide**

Jianjun Gao



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# **Table of Contents College Rankings Walking Workout Guide**

- 1. Understanding the eBook College Rankings Walking Workout Guide
  - The Rise of Digital Reading College Rankings Walking Workout Guide
  - Advantages of eBooks Over Traditional Books
- 2. Identifying College Rankings Walking Workout Guide
  - 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 College Rankings Walking Workout Guide
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from College Rankings Walking Workout Guide
  - Personalized Recommendations
  - College Rankings Walking Workout Guide User Reviews and Ratings
  - College Rankings Walking Workout Guide and Bestseller Lists
- 5. Accessing College Rankings Walking Workout Guide Free and Paid eBooks

- College Rankings Walking Workout Guide Public Domain eBooks
- o College Rankings Walking Workout Guide eBook Subscription Services
- College Rankings Walking Workout Guide Budget-Friendly Options
- 6. Navigating College Rankings Walking Workout Guide eBook Formats
  - o ePub, PDF, MOBI, and More
  - College Rankings Walking Workout Guide Compatibility with Devices
  - College Rankings Walking Workout Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of College Rankings Walking Workout Guide
  - Highlighting and Note-Taking College Rankings Walking Workout Guide
  - Interactive Elements College Rankings Walking Workout Guide
- 8. Staying Engaged with College Rankings Walking Workout Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers College Rankings Walking Workout Guide
- 9. Balancing eBooks and Physical Books College Rankings Walking Workout Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection College Rankings Walking Workout Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine College Rankings Walking Workout Guide
  - Setting Reading Goals College Rankings Walking Workout Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of College Rankings Walking Workout Guide
  - Fact-Checking eBook Content of College Rankings Walking Workout Guide
  - 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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