



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 Romantasy S Update

Kathryn Louise Davis



Walking Workout Romantasy S Update:

Mortal Beloved Historical Romantasy Time Travel Collection Pamela DuMond, USA Today Best author featured on ABC 20/20 brings you epic *Mortal Beloved Time Travel Romantasy Collection* — **MORTAL BELOVED COLLECTION** Gritty and gorgeous Time Travel Historical Romantasy contains **THE MESSENGER 1** A boy from the past A girl from the future Their love could be forever but their time is running out Madeline falls in love with Samuel when she accidentally time travels hundreds of years into the past to a war between the colonists and Native Americans But Madeline's traveled to the past not only to fall in love but also to claim her birth right as a Messenger a soul who can slip through time's fabric delivering messages that change one life or save many Deadly Hunters dark souled time travelers crave her powers and seek to seduce or kill her Can Madeline find her way back to the future in time to save herself and Samuel **THE ASSASSIN 2** Time Traveler Messenger Assassin Spy Madeline discovers Samuel is alive in present day but doesn't remember her from their past She journeys to a deadly royal conflict in medieval Portugal hoping to rekindle his memory A mad king turns her into a spy Mortal assassins as well as dark souled time travelers seek to kill her Will Madeline and Samuel be together again in life or only in death **THE SEEKER 3** Time Traveler Seeker Deceiver Lies Madeline's finally dating Samuel in the present day But when her mentors send her on increasingly dangerous missions the unthinkable happens Now she must journey into the darkest corners of history seeking answers from the wisest Messengers and Hunters But tearing time's fabric reveals hidden secrets and lies and Madeline discovers she is part of a conspiracy much greater than she ever dreamed possible **PRAISE** All the excitement of **OUTLANDER** if it was a YA series A Reviewer by the end I was getting a bicep workout from all the fistpumps ForeverYoungAdult This book held me captive a magical story with lots of twists and turns A Diary of a Book Addict Blog For those who like The Immortals series by Alyson Noel Timeless by Alexandra Monir or The Eternal Ones by Kirsten Miller The Messenger is a must read Breathe in Books Blogspot **THE SEEKER** is a whirlwind of action and adventure that takes the reader to fascinating points in history **USA TODAY** Bestselling Author Carolyn Haines From Berlin of Cold War to the deserts of Palmyra The world building is amazing Milky Way of Books Alexandra Time travel at its best very different edgy and yet still has the soft romanticism Creating Serenity Reviews *Mortal Beloved* series is ripe for greatness Midwest Book Review Shelley Glodowski Midwest Book Review One click the *Mortal Beloved Romantasy Time Travel Collection* now [After The Rift: A Romantasy \(fantasy romance\) Boxed Set](#) C.J. Archer, 2020-09-22 This boxed set contains the first 3 books in the **AFTER THE RIFT** romantasy romantic fantasy series by multi **USA Today** and **Wall Street Journal** bestselling author C J Archer Series is complete with 6 books This fantasy novel is simply the most captivating I remember reading in decades of fantasy books It has been years and years since I have stayed up all night literally to read a book An exceptional story plot with characters who are written in a manner that makes them feel so real How does Ms Archer create pure magic so easily This is one of the best books that she has ever written **ABOUT BOOK 1 THE PALACE OF LOST MEMORIES** The king's magnificent

palace was built in a matter of weeks No one saw the builders no villagers are allowed beyond the gilded gate and only one servant has ever left The haunted look in her eyes as she was recaptured by the palace guards is something Josie daughter of the village healer has never forgotten For Josie the palace is a mystery that grows more intriguing after she meets the captain of the guards a man known only as Hammer as mysterious and captivating as the palace itself Whispers of magic fuel Josie's desire to uncover the truth but an ordinary girl like her can only dream of ever being invited inside When the king decides to take a wife from among the eligible daughters of the noble families the palace gates are finally thrown open and the kingdom's elite pour in In a court where old rivalries and new jealousies collide the king's favorite is poisoned and the healer is summoned As her father's assistant Josie finally sees inside the lavish walls but she soon learns the palace won't surrender its secrets easily for not a single resident from the lowest servant to the king himself has a memory from before the palace existed In her quest to help the servants Josie becomes embroiled in courtly intrigues alongside the enigmatic captain As their feelings for each other grow the hopelessness of their situation becomes apparent How can she love a man who doesn't know his own past To make matters worse they discover that ending the enchantment will shake the very foundations of the kingdom and destroy everything Josie holds dear

[Garridan's Mate: Steamy Enemies to Lovers](#)

Romantasy Rebecca Hefner, 2022-05-24 From USA Today bestselling author Rebecca Hefner Book 6 5 in the Etherya's Earth series General Garridan thrived for centuries without a bonded mate Born an aristocrat he relinquished his family's wealth and privilege to fight in the Vampyre immortal army Although his father wants him to bond with an aristocrat Garridan only has eyes for one woman Siora is a natural warrior When the army finally allows women to join she vows to become the first female battalion leader Dreams of an amber-eyed Vampyre general have no place in her world even if he is the only man who's ever made her long for a bonded mate Consumed by her skill and effort along with her inherent natural beauty Garridan offers to help Siora secure a leadership position as they near the final battle with Bakari Although she swears they have no future he yearns to claim the stubborn woman as his mate Can two warriors from different paths find love or will fear douse their spark before it's barely begun to burn The Etherya's Earth fantasy romance series is best read in order although each book does have its own featured hero heroine and HEA Content information can be found on the author's website The Etherya's Earth Series also available as audiobooks Prequel The Dawn of Peace 1 The End of Hatred 2 The Elusive Sun 3 The Darkness Within 4 The Reluctant Savior 4 5 Immortal Beginnings 5 The Impassioned Choice 5 5 Two Souls United 6 The Cryptic Prophecy 6 5 Garridan's Mate 7 The Diplomatic Heir 7 5 Sebastian's Fate 8 The Solitary Protector Search terms fantasy romance paranormal romance PNR steamy romance mythology Gods demons alpha hero Etherya's Earth antihero reformed antihero antiheroine reformed antiheroine slayer vampire goddess enemies to lovers female warrior Perfect for fans of KF Breene Britt Andrews Susanne Valenti Caroline Peckham Tate James Angel Lawson Siobhan Davis Crystal Ash Eva Ashwood Raven Kennedy Kait Ballenger Ruby Dixon Ella Maven Holly Roberds Amanda Aggie Nikki St Crowe J Bree

Elizabeth Briggs Eva Chase and Jaymin Eve After the Rift Box Set C.J. Archer, 2022-01-14 This boxed set contains the all 6 books in the AFTER THE RIFT romantasy romantic fantasy series by multi USA Today and Wall Street Journal bestselling author C J Archer This fantasy novel is simply the most captivating I remember reading in decades of fantasy books It has been years and years since I have stayed up all night literally to read a book An exceptional story plot with characters who are written in a manner that makes them feel so real How does Ms Archer create pure magic so easily This is one of the best books that she has ever written ABOUT THE SERIES The king s magnificent palace was built in a matter of weeks No one saw the builders no villagers are allowed beyond the gilded gate and only one servant has ever left The haunted look in her eyes as she was recaptured by the palace guards is something Josie daughter of the village healer has never forgotten For Josie the palace is a mystery that grows more intriguing after she meets the captain of the guards a man known only as Hammer as mysterious and captivating as the palace itself Whispers of magic fuel Josie s desire to uncover the truth but an ordinary girl like her can only dream of ever being invited inside When the king decides to take a wife from among the eligible daughters of the noble families the palace gates are finally thrown open and the kingdom s elite pour in In a court where old rivalries and new jealousies collide the king s favorite is poisoned and the healer is summoned As her father s assistant Josie finally sees inside the lavish walls but she soon learns the palace won t surrender its secrets easily for not a single resident from the lowest servant to the king himself has a memory from before the palace existed In her quest to help the servants Josie becomes embroiled in courtly intrigues alongside the enigmatic captain As their feelings for each other grow the hopelessness of their situation becomes apparent How can she love a man who doesn t know his own past To make matters worse they discover that ending the enchantment will shake the very foundations of the kingdom and destroy everything Josie holds dear

Walking Inspiration Frank S. Ring, 2020-03-28 This is more than just a quote a day book Let 365 Daily Inspirational Quotes and a 12 Month Plan inspire you to good health and fitness through walking exercise and mindset Having trouble dealing with a negative experience Feeling adrift and alone with your problems Need a daily lift Each month a new topic will inspire and challenge you to be the best YOU Each daily inspirational quote is related to the monthly challenge Bonus Content FREE Audiobook version of Walking Inspiration A 12 Month Plan Designed to Inspire Your Health and Fitness with 365 Quotes FREE Walking Inspiration Supplemental Guide FREE Walking Inspiration my quarterly digital magazine FREE My exclusive Get Out the Door Checklist to streamline your walking and fitness routine FREE Additional bonus content will be added throughout the year Watch my video below Inspirational quotes remind us that the thoughts we have are a common experience felt throughout the ages Begin your day with powerful words of wisdom and let the inspirational quote guide you to take action overcome fear enjoy life build inner strength improve your fitness which in turn will boost your self esteem and create success Read the Look inside preview Live life to its fullest The inspirational quotes and wisdom on these pages will help you change your life through walking I began walking to get into shape after a serious

back injury forced me out of work for several months As I began to strengthen my body I took notice of how much my mindset and outlook on life was improving Step by step day by day I felt better physically and emotionally I ve written this book to inspire others to take control of their health and their lives through walking and exercise Get Inspired Take Action A year from now you ll wish you started today Karen Lamb You re in Control There s no right or wrong way to read or listen to Walking Inspiration free audiobook version included with your purchase Dive right into this walking quote book on the day you purchase it and put each inspirational quote to work for you I suggest reading the monthly topic and apply the lessons to your life as you read each daily quote By tackling each topic on a monthly basis you will be more receptive to the message in each daily wisdom quote and find it easier to implement the quotes and information into your life You can begin this book on any date of the year There is no set order in which to apply each monthly lesson JUST START NOW When I m at an obstacle in my work I remind myself to just do the next thing Anything can be the next big thing so just do it Take action even a small action and you ll get unstuck Doing something will instinctively put you on the correct path Trust the process trust your actions and believe in yourself Monthly Topics What s Your Why Setting Goals Benefits of Walking Fitness Walking and Bodyweight Exercises Tracking Your Progress Power Your Breath Longevity and Walking Speed Transformational Process Developing Positive Mindset Motivation Establishing Morning and Walking Exercise Routines Satisfaction is 100% GUARANTEED Walking Inspiration A 12 Month Plan to Inspire Your Health and Fitness with 365 Inspirational Quotes JUST CLICK Buy now with 1 Click and Start Your Journey Today Walk on Frank S Ring **Fitness Walking** Les Snowden,Maggie Humphreys,2002 **The Walking Diet** Les Snowden,Maggie Humphreys,1991 The exercise diet book Simply by following this walking plan you can become fitter healthier and slimmer The Walking Solution Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability Walking for Health and Fitness Ann Ward,James M. Rippe, The Spirited Walker Carolyn S. Kortge,1998-04-21 Walking surpasses jogging as most people s favourite form of exercise by five to one The Spirited Walker introduces the idea of expanding one s walking regimen from simply a physical workout to a spiritual one a fitness routine for the body and soul Drawing upon the Buddhist concept of the walking meditation spiritual practice on the move Kortge offers instruction and encouragement for Developing a walking routine Learning and using proper walking techniques Developing awareness and focus while walking Practicing techniques for increased attentiveness peacefulness and tranquility Using breathing exercises visualizations and active affirmations A unique approach to spiritual development Kortge s methods are simple eminently practical and rewarding for men and women of all ages and physical conditions Beautifully written and gently inspiring the Spirited Walker is one of the first books to explore the hidden and profound benefits of this enormously popular sport offering a spirited new lesson in the pursuit of good health *The 90-day Fitness Walking Program* Mark Fenton,Seth Bauer,1995 No exercise has swept the nation like walking It s simple it works

and you've been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It's the shoes choosing the right pair and why it's so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you

The Walking Diet Les Snowden,Maggie Humphreys,1991 Walking David Barraza,2016-01-17 This book contains useful information on the exercise of walking and how you can benefit from getting into a daily habit of long walks You'll learn the most important elements needed to make your walking plan a success You'll find practical advice on establishing the right mindset and motivation choosing the best places for your daily walks and setting up a schedule you can stick to every day for a successful walking plan Here's A Preview Of What You'll Learn How to assess your current fitness and overall wellness levels Why you should choose walking as an excellent exercise to improve your health and fitness What are the requirements minimal by the way to get started in a walking plan A detailed step by step plan towards walking 10 000 steps every day How to measure the results of a successful walking plan What to do once you accomplish your goal of walking 10 000 per day or more And Much much more *Fitness Walking and Bodyweight Exercises* Frank S. Ring,2020 *Fitness Walking Everyone* Kathryn Louise Davis,2005-01-01 *Walking and Running* ,1989 Discusses the benefits of running and walking conditioning and the right diet **Walking for Health** Elisa Howard,2015-05-12 This book provides you with useful information on walking as an important form of exercise that helps in reducing weight and improving health conditions You will find information related to walking workouts and how to introduce walking into daily life This book will provide you with in depth information related to walking and how useful it is in improving health You will also read about the 10 000 step a day activity challenge which is the easiest method available to reduce weight and enhance longevity The useful tips provide the most natural methods available for beginners to introduce walking into their life and continue with it to reap benefits **Fitness Walking** ,2005 Fitness check Walking technique **The Walking Diet** Les Snowden,Maggie Humphreys,1991

Apparel and gear Training guidelines Workouts Programs *Walking* Pamela Kihm,2008

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