



30 Day Walking Challenge For Beginners

1	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE	WED	THUR	FRI	SAT	SUN
	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	MON	TUE					
	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 Cyber Monday Same Day Delivery

Wolfgang Guggemos



Walking Workout Cyber Monday Same Day Delivery:

The New Republic Herbert David Croly,1996 *The Innovative Woman* Norma Carr-Ruffino,2001 Creativity is defined here as coming up with new ideas and innovation is defined as putting new ideas into practice in ways that add value This work encourages the development of innovative skills in women in business focusing on skills such as creative collaboration adaptation flexibility and problem solving There are abundant activities and self awareness questions for enhancing each of seven different types of intelligences basic intelligence motivational drive and emotional associative rational sensory and intuitive intelligence Concluding material shows how to use innovative skills in the workplace and how to ignite change in corporate cultures Carr Ruffino teaches management at San Francisco State University c Book News Inc **Accounting & Business** ,2006 Time Briton Hadden,1994 **Computers in Libraries** ,1999 **Business Periodicals Index** ,2004 **Footprint Central America & Mexico Handbook** ,2005 **New York** ,1999 **TIME** ,1994 **University Computing Times** ,1989 *Cornell University Courses of Study* Cornell University,1999 **Books in Print Supplement** ,2002 *Chicago Tribune Index* ,2008 Kaapse bibliotekaris ,2014 Issues for Nov 1957 include section Accessions Aanwinste Sept 1957 *Great Britain* David Downing,Christina Knight,2000 Fodor s upCLOSE Great BritainGood writing and a sassy attitude Chicago Sun Times Takes you places locals love and tourists don t know about American Way magazine Perfect for finding bargains Shape magazine Designed for people who want to travel well and spend less With candid reviews and a fresh outlook Fodor s upCLOSE points the way to authentic experiences that will take you away from the crowds and close to the culture without having to spend a fortune Great places to stay that don t cost a fortune From Victorian inns and Regency town houses to cottage B Bs and tidy hostels The best places to eat drink and play with the locals From ye olde pubs and tea shops to Shakespeare stages and art festivals On the money insights into local culture history and sights Great side trips and adventures beyond the obvious Packed with savvy tips and practical information From airfare deals to tips on losing the crowds Clear readable maps *Index de Périodiques Canadiens* ,2001 **Mediaweek** ,1995 *Cheap Sleeps in London* Sandra Gustafson,Chronicle Books (Firm),2000 From bargain hotels to the coziest English inns each location has been visited by the author in preparation for this latest edition An indispensable resource for quality conscious visitors who don t want to blow their budgets Travel and Leisure 10 maps **The Transactions of the Association of Industrial Medical Officers** ,1957 *Newsweek* ,2007

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