



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 Update

Rachel S Tattersall

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

Walking Workout Update:

This book delves into Walking Workout Update. Walking Workout Update is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Walking Workout Update, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Walking Workout Update
- Chapter 2: Essential Elements of Walking Workout Update
- Chapter 3: Walking Workout Update in Everyday Life
- Chapter 4: Walking Workout Update in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Walking Workout Update. The first chapter will explore what Walking Workout Update is, why Walking Workout Update is vital, and how to effectively learn about Walking Workout Update.
3. In chapter 2, this book will delve into the foundational concepts of Walking Workout Update. This chapter will elucidate the essential principles that need to be understood to grasp Walking Workout Update in its entirety.
4. In chapter 3, the author will examine the practical applications of Walking Workout Update in daily life. This chapter will showcase real-world examples of how Walking Workout Update can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Walking Workout Update in specific contexts. The fourth chapter will explore how Walking Workout Update is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Walking Workout Update. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout Update.

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