



30 Day Walking Challenge For Beginners

1

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

2

MON	TUE	WED	THUR	FRI	SAT	SUN
1 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

3

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

4

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 minutes	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

5

MON	TUE	
1.5 miles	4 miles	
30 minutes	74 minutes	
moderate pace	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

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Table of Contents Walking Workout Prices Tutorial

1. Understanding the eBook Walking Workout Prices Tutorial
 - The Rise of Digital Reading Walking Workout Prices Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Prices Tutorial
 - 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 Walking Workout Prices Tutorial
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Prices Tutorial

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

- Fact-Checking eBook Content of Walking Workout Prices Tutorial
- 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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