



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 This Month

Erin Palinski-Wade



Walking Workout This Month:

The book delves into Walking Workout This Month. Walking Workout This Month 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 This Month, encompassing both the fundamentals and more intricate discussions.

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

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

<https://intelliborn.com/files/Resources/HomePages/Goodreads%20Choice%20In%20The%20Us.pdf>

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Walking Workout This Month Introduction

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