

# 30 Day Walking Challenge For Beginners

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
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
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 + 27 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
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
MON	TUE					
1.5 miles	4 miles					
30 minutes	74 minutes					

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 spilt into 2

40 min mod + 34

male fast

5. Repeat a week if you find it too hard.

5

moderate pace

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 Ideas**

Jianjun Gao



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web the whale is alive with color while in the background is a ghostly white three masted whaling vessel turner was seventy years old when be completed whalers for the royal academy exhibition of 1845 turner undertook the painting for a collector who had made his fortune in the whale oil business the painting was returned to him and it

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web oct 28 2017 the turner and the whale symposium was a one day international inter disciplinary conference organised by the department of history of art at the university of york and hosted by hull maritime museum on saturday 28 october 2017 it was held to coincide with the exhibition turner and the whale co curated by professor jason

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web turner and the whale turner and the whale opened at hull maritime museum on october 7 2017 where it was on display for three months the exhibition centred on four paintings by the acclaimed nineteenth century marine painter joseph mallord william turner perhaps the greatest marine artist britain has ever produced

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web turner and the whale opens at hull maritime museum this autumn as part of hull s year as the uk city of the culture the exhibition brings to the region for the first time from tate britain three of j m turner s acclaimed whaling pictures of 1845 6

alongside a full scale reproduction of the fourth picture from the met museum in new

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web whalers is an 1845 painting by british artist j m w turner done in oil on canvas the work depicts a whaling ship and her launches pursuing a whale originally created with the hope that collector elhanan bicknell would purchase it the work is currently found in the collection of the metropolitan museum of art 1 2 3

#### in turner paintings at the met the bloody business of whaling - May 28 2023

web jun 2 2016 turner often used fugitive pigments that eventually lost their vibrancy his whaling pictures probably used to be more colorful than they are now turner himself never went on a whaling

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