

# 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**

**Erika Peters** 



#### Walking Workout Ideas Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Walking Workout Ideas**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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