

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 |
| T mile | 2 miles | 1.5 miles | 1.8 miles | 2 miles | 2 miles | 3 miles |
| 25 minutes | 37 minutes | 35 minutes | 35 mimutes | 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 mimutes | 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 |
| 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 minuses | 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 | Time to the second | | | | |
| 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

main fact

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

moderate pace

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 Week

CH Cherryholmes

Walking Workout This Week:

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