



# 30 Day Walking Challenge For Beginners

|   | MON                                      | TUE                                                      | WED                                                      | THUR                                                                   | FRI                                    | SAT                                                    | SUN                                     |
|---|------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------|-----------------------------------------|
| 1 | 1 mile<br>25 minutes<br>slow pace        | 1.5 miles<br>35 minutes<br>25 min slow + 10 min moderate | 1 miles<br>25 minutes<br>slow pace                       | 1.2 miles<br>25 minutes<br>5 min slow + (1 min fast + 1 min slow) x 10 | 1 mile<br>20 minutes<br>moderate pace  | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 2 miles<br>40 minutes<br>moderate pace  |
| 2 | 1 mile<br>25 minutes<br>slow pace        | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast   | 1.5 miles<br>35 minutes<br>25 min slow + 10 min moderate | 1.8 miles<br>35 minutes<br>5 min slow + (2 min fast + 1 min slow) x 10 | 2 miles<br>40 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 3 miles<br>60 minutes<br>moderate pace  |
| 3 | 1.5 miles<br>30 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast   | 3 miles<br>60 minutes<br>moderate pace                   | 2 miles<br>37 minutes<br>5 min slow + (3 min fast + 1 min slow) x 8    | 2 miles<br>40 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 4 miles<br>80 minutes<br>moderate pace  |
| 4 | 1.5 miles<br>30 minutes<br>moderate pace | 3 miles<br>54 minutes<br>20 min mod + 34 min fast        | 3 miles<br>60 minutes<br>moderate pace                   | 2 miles<br>37 minutes<br>5 min slow + (3 min fast + 1 min slow) x 8    | 3 miles<br>60 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 5 miles<br>100 minutes<br>moderate pace |
| 5 | 1.5 miles<br>30 minutes<br>moderate pace | 4 miles<br>74 minutes<br>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](http://LoveLifeBeFit.com)

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**Wolfgang Guggemos**

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