



30 Day Walking Challenge For Beginners

1

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

2

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

3

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 + 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

4

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

5

MON	TUE	
1.5 miles	4 miles	
30 minutes	74 minutes	
moderate pace	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 Prices Tutorial

Children's Software Review



Walking Workout Prices Tutorial:

Beginners Guide to Biohacking: Advisory Book, Hudkins Publishing Ronald Hudkins, 2023-10-16 Beginners Guide to Biohacking is a comprehensive book about the emerging field of biohacking which involves using technology and biology to improve one's health and performance. The book is written in a clear and concise style and is packed with practical advice and information. It is a valuable resource for anyone interested in learning more about biohacking and how to use it to improve their lives. Beginners Guide to Biohacking: Unlocking Your Genetic Potential is a must read for anyone who wants to take control of their own health and well-being. It is a practical guide to unlocking your genetic potential and living your best life. If you want to learn more about biohacking, I highly recommend reading this book. It is well written and informative and will give you a comprehensive overview of this exciting new field.

Tutorial--software Engineering Project

Management Richard H. Thayer, 1988 Reprints and five new papers present a top down view of the subject. Covers software engineering and SE project management planning organizing staffing directing and controlling a SE project. No index. Annotation copyright Book News Inc Portland Or.

Children's Software Revue, 2001

Popular Science, 2004-12

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better and science and technology are the driving forces that will help make it better.

Pacesetters in Innovation

United States. Office of Education, 1965 Information on Projects to Advance Creativity in Education in the form of a compilation of planning and operational grants.

The Complete

Sourcebook on Children's Software Children's Software Review, 2001-03 5000 critical reviews of CDs videogames smart toys for ages 1 to 16.

Success Secrets of the Online Marketing Superstars

Mitch Meyerson, 2015-03-04 Eager business owners gain access to the playbooks of 23 of today's most respected and well-known online marketers who reveal their most valuable online strategies and tactics for capturing new customers and influencing ongoing purchases from current ones. Each chapter is a coaching session designed to help business owners avoid the pitfalls and mistakes by the experts who have been there and done that. Readers learn how to develop a personal media brand, build a total online presence and create a social media strategy that increases traffic. They also discover how to develop and use content that converts visitors into buyers and ultimately loyal customers. Succeed with SEO, pay per click and linking strategies that get websites ranked. Also included is information on leveraging social networking apps including Facebook, online video and Instagram and avoiding the mistakes made by new online businesses.

Projects to Advance Creativity in Education, 1969

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