

**30**  
Day

# **WALKING** **FOR** **BEGINNERS**

challenge



## TRAINING PLAN

<p>Day 1</p> <p>10 Min Easy Walk</p> 	<p>Day 2</p> <p>10 Min Easy Walk</p> 	<p>Day 3</p> <p>15 Min Easy Walk</p> 	<p>Day 4</p> <p>10 Min Brisk Walk</p> 	<p>Day 5</p> <p>15 Min Easy Walk</p> 
<p>Day 6</p> <p>10 Min Brisk Walk</p> 	<p>Day 7</p> <p>Rest OR 15 Min Easy Walk</p> 	<p>Day 8</p> <p>15 Min Easy Walk</p> 	<p>Day 9</p> <p>10 Min Brisk Walk</p> 	<p>Day 10</p> <p>15 Min Easy Walk</p> 
<p>Day 11</p> <p>20 Min Easy Walk</p> 	<p>Day 12</p> <p>15 Min Easy Walk</p> 	<p>Day 13</p> <p>15 Min Brisk Walk</p> 	<p>Day 14</p> <p>Rest OR 15 Min Easy Walk</p> 	<p>Day 15</p> <p>15 Min Easy Walk</p> 
<p>Day 16</p> <p>20 Min Easy Walk</p> 	<p>Day 17</p> <p>15 Min Brisk Walk</p> 	<p>Day 18</p> <p>25 Min Easy Walk</p> 	<p>Day 19</p> <p>20 Min Easy Walk</p> 	<p>Day 20</p> <p>20 Min Brisk Walk</p> 

# Walking Workout Same Day Delivery

**M Planty**



**Walking Workout Same Day Delivery:**

## Embracing the Song of Expression: An Psychological Symphony within **Walking Workout Same Day Delivery**

In a global taken by monitors and the ceaseless chatter of fast transmission, the melodic beauty and mental symphony created by the written word frequently diminish in to the back ground, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, nestled within the pages of **Walking Workout Same Day Delivery** a stunning literary prize overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that interesting masterpiece conducts viewers on a mental journey, skillfully unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths of this moving evaluation, we can examine the book is central harmonies, analyze their enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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