



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	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	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	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	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	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 Update Returns

Michal Rosen-Zvi



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Table of Contents Walking Workout Update Returns

1. Understanding the eBook Walking Workout Update Returns
 - The Rise of Digital Reading Walking Workout Update Returns
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Update Returns
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout Update Returns
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Update Returns
 - Personalized Recommendations
 - Walking Workout Update Returns User Reviews and Ratings
 - Walking Workout Update Returns and Bestseller Lists
5. Accessing Walking Workout Update Returns Free and Paid eBooks
 - Walking Workout Update Returns Public Domain eBooks
 - Walking Workout Update Returns eBook Subscription Services
 - Walking Workout Update Returns Budget-Friendly Options
6. Navigating Walking Workout Update Returns eBook Formats

- ePub, PDF, MOBI, and More
- Walking Workout Update Returns Compatibility with Devices
- Walking Workout Update Returns Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Update Returns
 - Highlighting and Note-Taking Walking Workout Update Returns
 - Interactive Elements Walking Workout Update Returns
- 8. Staying Engaged with Walking Workout Update Returns
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Update Returns
- 9. Balancing eBooks and Physical Books Walking Workout Update Returns
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Update Returns
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Update Returns
 - Setting Reading Goals Walking Workout Update Returns
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Update Returns
 - Fact-Checking eBook Content of Walking Workout Update Returns
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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