



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

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Table of Contents Walking Workout Update Install

1. Understanding the eBook Walking Workout Update Install
 - The Rise of Digital Reading Walking Workout Update Install
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Update Install
 - 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 Install
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Update Install
 - Personalized Recommendations
 - Walking Workout Update Install User Reviews and Ratings
 - Walking Workout Update Install and Bestseller Lists
5. Accessing Walking Workout Update Install Free and Paid eBooks

- Walking Workout Update Install Public Domain eBooks
 - Walking Workout Update Install eBook Subscription Services
 - Walking Workout Update Install Budget-Friendly Options
6. Navigating Walking Workout Update Install eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout Update Install Compatibility with Devices
 - Walking Workout Update Install Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Update Install
 - Highlighting and Note-Taking Walking Workout Update Install
 - Interactive Elements Walking Workout Update Install
 8. Staying Engaged with Walking Workout Update Install
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Update Install
 9. Balancing eBooks and Physical Books Walking Workout Update Install
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Update Install
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Walking Workout Update Install
 - Setting Reading Goals Walking Workout Update Install
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Walking Workout Update Install
 - Fact-Checking eBook Content of Walking Workout Update Install
 - 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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