

**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

**David Kirk**



**Walking Workout Same Day Delivery:**

## Whispering the Secrets of Language: An Mental Quest through **Walking Workout Same Day Delivery**

In a digitally-driven earth wherever displays reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases often get unheard. However, nestled within the pages of **Walking Workout Same Day Delivery** a charming fictional prize sporting with raw emotions, lies an exceptional journey waiting to be undertaken. Written by a skilled wordsmith, this charming opus attracts viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very material of every word. Within the emotional depths of the emotional evaluation, we can embark upon a honest exploration of the book is core themes, dissect its interesting writing type, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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