



# 28 Day Walking Challenge For Beginners

**1**

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1 mile</b>	<b>1.5 miles</b>	<b>1.5 miles</b>	<b>2 miles</b>	<b>2 mile</b>	<b>2 miles</b>	<b>3 miles</b>
25 minutes	35 minutes	30 minutes	45 minutes	40 minutes	37 minutes	60 minutes
slow pace	25 min slow + 10 min moderate	moderate pace	25 min slow + 20 min moderate	moderate pace	20 min moderate + 17 min fast	moderate pace

**2**

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1 mile</b>	<b>2 miles</b>	<b>3 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>4 miles</b>
20 minutes	37 minutes	60 minutes	51 minutes	40 minutes	57 minutes	80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 17 min fast	moderate pace

**3**

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>2 mile</b>	<b>3 miles</b>	<b>4 miles</b>	<b>4 miles</b>	<b>2 miles</b>	<b>4 miles</b>	<b>5 miles</b>
40 minutes	57 minutes	80 minutes	68 minutes	40 minutes	74 minutes	100 minutes
moderate pace	40 min mod + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 34 min fast	moderate pace

**4**

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>2 mile</b>	<b>4 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>3 miles</b>	<b>5 miles</b>	<b>6 miles</b>
40 minutes	74 minutes	100 minutes	85 minutes	60 minutes	91 minutes	120 minutes
moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 51 min fast	moderate pace

### Tips To Follow The 28-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 28-Day Walking Plan(and much more) at [LoveLifeBeFit.com](http://LoveLifeBeFit.com)

# Romantasy S Walking Workout Compare

**Lauren Roberts**



## **Romantasy S Walking Workout Compare:**

**Cerastes' Curse** T. L. Shreffler, 2023-10-31 Two years after Krait's Redemption Book 5 the key to the Dark God's prison is missing The Shade a fanatical cult of assassins wants to find it Their hunt leads them to Sora a young acolyte living in the temple of the South Wind and studying to become a warrior of the Goddess So far Sora's experience of monastic life has been disappointingly dull When she learns of the Shade's resurgence and their hunt for the key to the Dark God's prison she has no choice but to stop them Crash the dark assassin has been training in the Hive to reach his full potential as a Grandmaster He doesn't expect to see Sora's face again He thought he had walked away from her forever Now reunited against their old enemy he can't help but think of what could still be Will he succumb to his feelings if it will cost him everything **Yokai Treasures Books 1-3** Kate Grove, 2024-02-29 Travel through time and find love in medieval Japan with witches samurai ninja and yokai in this captivating fantasy romance collection **Sword and Mirror** When Ciara finds herself stranded in medieval Japan in the middle of a territorial war she must enter into a fake relationship with a samurai warlord to survive No one gave her a heads up about supernatural enemies though **Smoke and Jewel** Following a lead on her cousin's disappearance Karen's luck seems to run out as she finds herself in a war-torn Japan The only way out is to convince the ninja who captured her but they stand on different sides **Blades and Feathers** The plan was easy infiltrate the stronghold of a greenhorn lord obtain the treasure get out Falling for him was never her intention This is a collection of the first three books of the **Yokai Treasures** a romantasy series set in 16th century Japan heavily influenced by folklore and fantasy elements Includes the following books **Sword and Mirror** **Smoke and Jewel** **Blades and Feathers** Keywords collection omnibus boxset slowburn enemies to lovers fake relationship crossdressing yokai tengu samurai ninja shinobi timetravel Japan witch magic supernatural powers hurt and comfort dragons gods **Powerless** Lauren Roberts, 2023-07-06 THE INSTANT NO 1 INTERNATIONAL BESTSELLING PHENOMENON OVER 5 MILLION COPIES SOLD Fourth Wing meets The Hunger Games in this sizzling fantasy romance not to be missed Only the extraordinary belong in the kingdom of Ilya The exceptional The Elites The Elites have possessed powers for decades gifted to them by the Plague while those born Ordinary are just that banished from the kingdom and shunned from society No one knows this better than Paedyn Gray an Ordinary posing as an Elite When she unsuspectingly saves one of Ilya's princes Kai Azer she's thrown into the Purging Trials a brutal competition to showcase her Elite powers If the Trials and the opponents don't kill her the prince she's fighting feelings for will if he discovers what Paedyn really is completely Ordinary Be swept away by the first in the smash hit dagger to the throat romantasy trilogy that's taken the world by storm Also Available **Reckless** **Powerful** **Fearless** and **Fearful** Follow Lauren Roberts on TikTok and Instagram LaurenRobertsLibrary **Powerless** was UK YA number 1 on TCM w e 1st June 2024 Praise for the **Powerless** series Nothing short of epic Rosie Talbot bestselling author of **Sixteen Souls** A thrilling fantasy with the most delicious slow burn romance M A Kuzniar bestselling author of **Midnight in Everwood** A titillating debut Publishers

Weekly A masterpiece Goodreads Reader Review Everyone needs to read it TikTok Review The BEST book I've read  
NetGalley Reader Review A sizzling slice of fantasy romance Booksellers Review *Dream Rider* Kimberly Dean,2023-05-01  
As a Dream Weaver Zane Oneiros isn't supposed to hitch rides on the dreams of his charges but he can't help himself when  
the dreamer is Emily Hutchins In the waking world Emily is his work friend Beautiful conscientious and prompt Zane is  
known for being brash fun loving and a bit too reckless with the powers handed down to him from the Greek gods of ancient  
past Could an introvert extrovert romance even work All Zane wants to know is if Emily thinks about him while she sleeps if  
there's any hope for their relationship to move from friends to lovers or if he'll be stuck in the work friend zone forever Yet  
when he and Emily start sharing dreams and a kiss the entire daytime world flips upside down Sweet strict Emily is suddenly  
adventurous and in more ways than one Happy as Zane is about the change in their relationship he worries that he's meddled  
where he shouldn't For Emily isn't sleeping well and her behavior is spiraling out of control Soon Zane is battling to get the  
old Emily back and make their dreams turn real not the nightmares **Walk Off the Weight** Lucy

Wyndham-Read,2016-04-25 Lose weight tone up and look younger in just three weeks Walk yourself to the fittest and  
healthiest version of yourself Walk Off the Weight is a full 21 day plan and has all the advice and guidance you need Simply  
follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever  
before Lucy Wyndham Read has used this plan with her clients for many years and she has seen amazing results The before  
and after photos of her clients will show you what you can achieve by following Lucy's walking workout routine Walking is an  
amazing exercise that anyone can do and the results are incredible weight loss increased fitness and toned legs arms bottom  
and thighs The book also contains Lucy's Healthy Anti Aging Plan full of delicious meals and snacks that are easy to prepare  
and help promote collagen in the skin you will look younger and more radiant Using Walk Off the Weight will be like having  
Lucy right by your side to help with your training every day And in just 21 days you'll be a new person *Run:Walk Pace  
Tables in Minutes/Mile* Kirk Mahoney,2012-07-01 I love the run walk method Hi I'm Kirk Mahoney the author of Run Walk  
Pace Tables in Minutes Kilometer Why did I write this book I love the run walk method I trained for my first marathon with  
the run walk ratio of 5 1 I now train regularly with people who use ratios of 10 1 5 1 and 3 1 My best average pace in training  
has been with the 1 1 ratio And my marathon personal best PB came by racing with the 2 1 ratio But before I wrote this book  
I saw a HUGE gap in the run walk community This gap has been causing a lot of unnecessary confusion and unhappiness This  
book closes that gap Is the run walk method driving you crazy If you are like me here is why you love the run walk method  
You get a better workout because you use your muscles differently You get more variety during a workout or race You get  
predictable milestones in a race or training session You get more stamina You get fewer injuries Last but not least you can  
get faster chip times All of this contributes to greater happiness as an endurance athlete and I'm all about happier running  
and walking Unfortunately there has been a gap that has driven many of us run walk athletes crazy Let me talk more about

that in a moment Do you prefer guessing folklore driving directions or a map Seriously how do you figure out just the right combination of running and walking on any given day and for any given race or training distance Let s compare it to driving from point A to point B You could guess Some of us have done this at least when we were younger Well let s see If I want to go to the convention center then I guess that I ll start by driving toward downtown and keep looking for the big building along the way You could rely on folklore Many of us have done this A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z and the convention center will be around there somewhere You could use driving directions A lot of us do this now We get driving directions from a GPS unit which can work well until the unit dies suddenly or there is an unexpected obstacle Or we go online enter our starting point and destination and print the directions Still printed directions cannot handle unexpected detours and they give you no sense of the greater territory around say the convention center destination You could use a map I know What s that Yes you have to learn how to read maps You have to locate on a map where you are now and where say the convention center is But a map eliminates guessing and folklore never dies suddenly and gives you options LOTS of options when one route or another is blocked Pace calculators are like driving directions websites Yes you could search the Web and find some run walk pace calculators that will let you enter some variables to get some other variables A pace calculator is like a driving directions website You enter some stuff and it tells you what to do That s fine as far as it goes But what if you were to run into an obstacle Would you know what to do The fact is you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run walk method In contrast pace tables are like maps Now think about a map It gives you the big picture and this gives you LOTS of options to achieve your goal Pace tables are like maps They give you the big picture and lots of options to achieve your goal This book fills the gap of pace tables for the run walk method

**Walk Off the Weight** Lucy Wyndham-Read,2016-04-24 Lose weight tone up and look younger in just three weeks Walk yourself to the fittest and healthiest version of yourself Walk Off the Weight is a full 21 day plan and has all the advice and guidance you need Simply follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever before Lucy Wyndham Read has used this plan with her clients for many years and she has seen amazing results The before and after photos of her clients will show you what you can achieve by following Lucy s walking workout routine Walking is an amazing exercise that anyone can do and the results are incredible weight loss increased fitness and toned legs arms bottom and thighs The book also contains Lucy s Healthy Anti Aging Plan full of delicious meals and snacks that are easy to prepare and help promote collagen in the skin you will look younger and more radiant Using Walk Off the Weight will be like having Lucy right by your side to help with your training every day And in just 21 days you ll be a new person

**Walking for Health and Fitness** Frank S Ring,2020-04-07 Imagine my surprise when walking solved my major health problem Watch my video below for the complete story Are you like me Or should I say like I was in the recent past

Injured again from running not exercising due to the injury my body not recovering as quickly as it did when I was younger and feeling a little depressed I needed help to get in shape during the rehab from my back injury I found walking is the easiest way to get in shape and stay in shape Why should you be enthusiastic about Walking for Health and Fitness Walking is free Walking is easy to do Walking is easy on your muscles joints and bones Walking for Health and Fitness gives you specific steps to take to get moving today and keep you moving well into the future Its 170 pages were designed to be read quickly highlight the benefits of walking and most importantly get you out the door walking Each of its 22 chapters ends with Your Next Step a very simple plan of action to follow as you begin your walking exercise Discover the benefits of listening to audiobooks with the FREE DOWNLOAD of the Walking for Health and Fitness Audiobook An investment in yourself Doctor s visits lost time at work and the lessened quality of life due to preventable illness all add up to a significant sum of time and money This book is an investment in yourself What could be better than that Your health happiness and life depend on it There s no question walking is good for you Think about the tortoise and the hare When you take a long term view of the benefits of walking for health and fitness you ll see it makes sense to slow yourself down and to continue to walk for fitness to stay healthy well into old age Also let me show you how to get in shape after 50 The book is organized into 4 sections Getting Started Basic Training Beyond the Basics Mindset Don t become a statistic Health care costs steadily increase with body mass Obesity is one of the biggest drivers of preventable chronic diseases Heart disease and stroke cost America nearly 1 billion a day Low back pain has a major economic impact with total costs related to this condition exceeding 100 billion per year Your Next Step You must decide right now not to become a statistic You have it within yourself to take control of your health After a back injury forced me out of work for four months I began walking for exercise as a way to get in shape Being out in the fresh air feeling the rhythmic movement of the walking stride and using walking meditations to get deeper into my thoughts with a walking meditation As a walker I ve Slowed down and improved my mindset Done Walking meditation Listen and absorbed audiobooks Take pictures Recorded my thoughts into my iPhone Looked forward to my walks Also I supercharge my walk with bodyweight exercises and I ve used walking to lose weight In contrast when I was a runner and worked out at the gym I d have to get myself psyched up just to get out the door and I usually used the little annoyances in life as an excuse to not work out Walking has worked wonders in my life so let me show you how to get in shape and use walking for exercise to improve your health and fitness Discover how to get in shape the easy way Watch my video below and read the Look inside preview [Walk on Frank S Ring](#) [Walk Your Way to Weight Loss](#) Lindsey P,2014-08-11 [Walk Your Way To Weight Loss](#) 2nd edition The Ultimate Guide On How To Lose Weight Burn Fat Stay Thin With Walking Walking is amazingly one of the easiest cheapest and safest ways for you and everyone else to get up and start exercising Health experts all agree that a 30 minute moderate physical activity on most days in a week is a must and walking is one of the best examples around There have been so many reported health benefits of walking like reducing the risks for certain medical

conditions heart disease and high blood pressure reducing depression making us much happier and livelier instead helping us all to sleep better at night which is simply what everyone wants these days and of course WEIGHT LOSS Better yet think of walking as an all in one package program with all the amazing health benefits Nothing could be better than this The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being and walking happens to be the easiest and cheapest way to become physically active Simply grab a good pair of shoes and you are all set to brisk walk by the way brisk walking is highly considered an ideal moderate level physical activity your way to weight loss and staying thin forever Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs Here Is A Preview Of What You ll Learn Understanding the Role of Walking in Losing Weight Six Scientific Facts About Walking Why Walk Your Way to Weight Loss Before Starting Your Walking Program Your Walking Form Walking Your Way Towards Weight Loss Walk This Way Walk That Way More Smart Walking Ideas Using Pedometer in Walking to Shape Up and Slim Down Walking to Lose Weight Success Stories Walking Workout Plans and How it Works Additional Facts About Walking Joining a Walking Club Much much more Download your copy today

**Walking for Health** Elisa Howard,2015-05-12 This book provides you with useful information on walking as an important form of exercise that helps in reducing weight and improving health conditions You will find information related to walking workouts and how to introduce walking into daily life This book will provide you with in depth information related to walking and how useful it is in improving health You will also read about the 10 000 step a day activity challenge which is the easiest method available to reduce weight and enhance longevity The useful tips provide the most natural methods available for beginners to introduce walking into their life and continue with it to reap benefits

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