



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 Fall Boots This Week

Ensheng Dong



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Shoe Retailer and Boots and Shoes Weekly ,1904 Boot and shoe recorder ,1921 Boot and Shoe Recorder ,1919-12
Department of Veterans Affairs Health Care Research United States. Congress. House. Committee on Veterans' Affairs. Subcommittee on Hospitals and Health Care,1990 Shoe and Leather Journal ,1912 T.P.'s Weekly Thomas Power O'Connor,Holbrook Jackson,1905 Journal of Rehabilitation Research and Development ,1991 **Our Navy, the Standard Publication of the U.S. Navy** ,1926 **Boys and Girls Bookshelf** ,1920 **American Shoemaking** ,1916
The Lancet ,1882 Rehabilitation R & D Progress Reports ,1983 **Got Cancer?** James J. Gaudio,2009-08-25 got cancer spring break gone bad is the diary like account of James J Gaudios induction into a club that is perfectly indiscriminate in regard to membership i e the cancer patients club The narrative recounts the three principal components constituting Gaudios initiation the insidious attack that the killer waged against him for months an intense eleven days of hospitalization and a substantially altered self portrait of himself This cathartic work offers service to Cancer patients Potential cancer patients The families and friends of cancer patients The medical community For thirteen years Gaudio worked as a high school chemistry teacher until cancer abruptly ended his school year in April 2007 Like millions before and millions to follow cancer made him a most reluctant expert regarding a most unwanted fate **Walk in My Combat Boots** James Patterson,Matt Eversmann,2021-02-08 Discover the stories America needs to hear Admiral William H McRaven US Navy Ret with these moving and powerful recollections of war told by the men and women who lived them Walk in my Combat Boots is a powerful collection crafted from hundreds of original interviews by James Patterson the world s 1 bestselling writer and First Sergeant US Army Ret Matt Eversmann part of the Ranger unit portrayed in the movie Black Hawk Down These are the brutally honest stories usually only shared amongst comrades in arms Here in the voices of the men and women who ve fought overseas from Vietnam to Iraq and Afghanistan is a rare eye opening look into what wearing the uniform fighting in combat losing friends and coming home is really like Readers who next thank a military member for their service will finally have a true understanding of what that thanks is for The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 **Cornell University Courses of Study** Cornell University,2007 **Hide and Leather with Shoe Factory** ,1913 A Textbook of Surgery Richard Warren,1916 The Principles and practice of surgery. v.1 Richard Warren,1916 Shoe and Leather Reporter ,1891

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