



# 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)

# Walking Workout This Week Setup

**Takao Yamasaki, Shuzo  
Kumagai, Mutsuhide Tanaka**

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## **Table of Contents Walking Workout This Week Setup**

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

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