

30 DAY WALKING CHALLENGE

WALK OFF THE POUNDS

+ FREE PRINTABLE



1	MON	TUE	WED	THUR	FRI	SAT	SUN
	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	MON	TUE	WED	THUR	FRI	SAT	SUN
	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	MON	TUE	WED	THUR	FRI	SAT	SUN
	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	MON	TUE					
	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 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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The book delves into Snapchat Walking Workout Buy Online. Snapchat Walking Workout Buy Online is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Snapchat Walking Workout Buy Online, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Snapchat Walking Workout Buy Online
- Chapter 2: Essential Elements of Snapchat Walking Workout Buy Online
- Chapter 3: Snapchat Walking Workout Buy Online in Everyday Life
- Chapter 4: Snapchat Walking Workout Buy Online in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Snapchat Walking Workout Buy Online. This chapter will explore what Snapchat Walking Workout Buy Online is, why Snapchat Walking Workout Buy Online is vital, and how to effectively learn about Snapchat Walking Workout Buy Online.

3. In chapter 2, this book will delve into the foundational concepts of Snapchat Walking Workout Buy Online. This chapter will elucidate the essential principles that need to be understood to grasp Snapchat Walking Workout Buy Online in its entirety.

4. In chapter 3, this book will examine the practical applications of Snapchat Walking Workout Buy Online in daily life. This chapter will showcase real-world examples of how Snapchat Walking Workout Buy Online can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Snapchat Walking Workout Buy Online in specific contexts. This chapter will explore how Snapchat Walking Workout Buy Online is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Snapchat Walking Workout Buy Online. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Snapchat Walking Workout Buy Online.

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