



# 30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b>	<b>1.5 miles</b>	<b>1 miles</b>	<b>1.2 miles</b>	<b>1 mile</b>	<b>2 miles</b>	<b>2 miles</b>
	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
<b>2</b>	<b>1 mile</b>	<b>2 miles</b>	<b>1.5 miles</b>	<b>1.8 miles</b>	<b>2 miles</b>	<b>2 miles</b>	<b>3 miles</b>
	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
<b>3</b>	<b>1.5 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>2 miles</b>	<b>2 miles</b>	<b>4 miles</b>
	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
<b>4</b>	<b>1.5 miles</b>	<b>3 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>5 miles</b>
	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
<b>5</b>	<b>1.5 miles</b>	<b>4 miles</b>					
	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](http://LoveLifeBeFit.com)

# Walking Workout This Week

**J Rink**



## **Walking Workout This Week:**

The book delves into Walking Workout This Week. Walking Workout This Week is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Walking Workout This Week, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Walking Workout This Week
  - Chapter 2: Essential Elements of Walking Workout This Week
  - Chapter 3: Walking Workout This Week in Everyday Life
  - Chapter 4: Walking Workout This Week in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Walking Workout This Week. The first chapter will explore what Walking Workout This Week is, why Walking Workout This Week is vital, and how to effectively learn about Walking Workout This Week.
3. In chapter 2, this book will delve into the foundational concepts of Walking Workout This Week. The second chapter will elucidate the essential principles that must be understood to grasp Walking Workout This Week in its entirety.
4. In chapter 3, the author will examine the practical applications of Walking Workout This Week in daily life. The third chapter will showcase real-world examples of how Walking Workout This Week can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Walking Workout This Week in specific contexts. This chapter will explore how Walking Workout This Week is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Walking Workout This Week. The final chapter will summarize the key points that have been discussed throughout the book.

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

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