



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

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RJ Shavelson



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challenges or roadblocks that may arise An appendix contains resources you can adapt to get these programs off the ground including waivers of liability memoranda of understanding and examples of strategic plans and assessment tools **The Video Source Book** David J. WEINER,1990 *Bowker's Complete Video Directory 2001* ,2001 **Better Homes and Gardens** ,1936 Sunset ,1990 **Michigan Farmer and State Journal of Agriculture** ,1919 *Bottom Line, Personal* ,2000 New York ,1999-06 **Chilton's Distribution** ,1989

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Table of Contents Walking Workout Discount Install

1. Understanding the eBook Walking Workout Discount Install
 - The Rise of Digital Reading Walking Workout Discount Install
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Discount Install
 - 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 Discount Install
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Discount Install
 - Personalized Recommendations
 - Walking Workout Discount Install User Reviews and Ratings
 - Walking Workout Discount Install and Bestseller Lists
5. Accessing Walking Workout Discount Install Free and Paid eBooks
 - Walking Workout Discount Install Public Domain eBooks
 - Walking Workout Discount Install eBook Subscription Services
 - Walking Workout Discount Install Budget-Friendly Options
6. Navigating Walking Workout Discount Install eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout Discount Install Compatibility with Devices
 - Walking Workout Discount Install Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Discount Install
 - Highlighting and Note-Taking Walking Workout Discount Install
 - Interactive Elements Walking Workout Discount Install
8. Staying Engaged with Walking Workout Discount Install

- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Discount Install
9. Balancing eBooks and Physical Books Walking Workout Discount Install
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Discount Install
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout Discount Install
- Setting Reading Goals Walking Workout Discount Install
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout Discount Install
- Fact-Checking eBook Content of Walking Workout Discount Install
 - 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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