



# 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 Warranty

**Liying Dong**



## **Walking Workout This Week Warranty:**

**The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007 Walk, Jog, Run Dara Tomasson,2020-03-25 Quilt outside the lines A helpful primer on training your hands to free motion quilt like a pro with skill building projects included Publishers Weekly Building your muscle memory with the advice in this guide you ll learn quilting workouts to help you master creative stitch designs with clear step by step instructions Then practice quilting with ten unique skill building projects plus seven bonus ideas from modern quilts to gifts and home decor Whether you re a total beginner or coming in with a few races under your belt you can confidently walk jog or run the path to quilting success

*Escape to the Mountain* Stephen Wade Smith,2007 The story of one man s rediscovery of himself and the building of interpersonal connections with friends and family while hiking in the Sierra Nevada during the summer of 1994 **The Complete Fitness Guide for Women** Mamta Singh,2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU **Practical Jumping** John Lionel Mackenzie Barrett,1930 **Ebony** ,2008-01 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Mathematics in Action** Doug Brown,1996 This is a comprehensive differentiated course suitable for students of all abilities It is written specifically for standard grade through appropriate for other UK curricula Chapters begin with looking back exercises for consolidation of the work The fully differentiated contents have graded exercises Review sections enable students to develop mathematical competence and confidence There are photocopiable resources for general and credit students **Prayfit** Jimmy Pena,2010-12-06 From the exercise physiologist of Tyler Perry and Mario Lopez comes PrayFit a whole person fitness system designed to strengthen body and deepen faith At its core PrayFit is about effort giving your best in two areas that are vital to well being faith and fitness The underlying approach is simple Make a daily appointment to spend quality time with the Lord and to exercise This 28 day plan guides readers of any fitness level to begin a workout routine that can be done at home with little to no equipment to make small but effective changes in their diet and to grow in biblical knowledge and spiritual strength As they follow the specially designed meal plans and workouts readers will see the physical results of their efforts almost immediately and as they reflect on the

daily devotional reading contributions from Pastor Jimmy Page VP of Field Ministry and National Director of Wellness for the Fellowship of Christian Athletes and Scripture verses they will begin to understand the eternal dimension of giving their best Living God's promised abundant life isn't only about faith though that's where it starts PrayFit is the best way to claim that promise both inside and out *Good Housekeeping*, 1995 **The Silent Walking Workout Revolution** Gloria Thompson, 2026-03-09 Transform Your Daily Walk Into a Powerful Mind Body Reset Discover why millions are ditching their headphones and embracing the silent walking revolution that's quietly transforming lives around the world In our hyperconnected age the most radical act might be the simplest one walking in complete silence The Silent Walking Workout Revolution reveals how this viral wellness trend combines the physical benefits of low impact cardio with the mental clarity of walking meditation creating a sustainable practice that reduces stress burns calories and restores inner peace This isn't just another fitness book It's a complete guide to nervous system regulation through mindful movement perfect for anyone seeking stress relief without gym memberships or complicated routines Inside this transformative guide you'll discover The Science Behind Silent Walking Learn how removing auditory distractions activates your parasympathetic nervous system reduces cortisol levels and enhances fat burning through natural zone 2 training principles Beginner Friendly Programs Step by step walking routines designed for complete beginners busy professionals and anyone seeking gentle exercise for anxiety relief and weight management Somatic Walking Techniques Discover how to use walking as active recovery releasing stored tension while building core strength and improving posture naturally Digital Detox Integration Practical strategies to disconnect from devices and reconnect with your body transforming ordinary walks into powerful mindfulness sessions The 30 Day Silent Challenge A complete program with daily practices that build sustainable habits while delivering measurable results in stress reduction and physical fitness Seasonal Adaptations Year round strategies including indoor walking workouts weather resistant techniques and nature based practices that keep you consistent regardless of circumstances Mental Health Benefits Evidence based approaches to using walking meditation for anxiety management improved focus and emotional regulation Whether you're recovering from burnout seeking low impact exercise for joint health or simply wanting to reclaim calm in a chaotic world silent walking offers a gentle yet powerful solution This practice works for seniors beginners and fitness enthusiasts alike Perfect for anyone who wants to Reduce stress and anxiety naturally Lose weight without intense workouts Improve mental clarity and focus Build sustainable exercise habits Practice mindfulness without meditation apps Stop drowning out your inner wisdom with constant noise Join the quiet revolution that's helping people worldwide rediscover the healing power of mindful movement Your journey to better health deeper calm and lasting wellness starts with a single silent step *Ebony*, 2008 **Sporting Magazine**, 1822 *The Australasian Insurance & Banking Record*, 1924 **The Northwestern Reporter**, 1906 *Sunset*, 1993 *The Publishers Weekly*, 2004 *Ohio Practical Farmer*, 1893 **The Weekly Underwriter** Alasco Delancey Brigham, Henry Rogers Hayden, 1900 *The Southern*

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## **Walking Workout This Week Warranty** Book Review: Unveiling the Power of Words

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