



# 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

**R Bogdan**



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web dietary aide resume examples samples serves meals timely and that are palatable and appetizing in appearance performs proper setting of tables set up meal trays food cards dining room etc serves resident meals in the dining room private dining room and delivers trays to resident s rooms apartments

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the coffin cruise is an attraction where a person is put inside an open casket that floats down a river until the casket slams shut and the person is left in the darkness near the end spiders crawl over the person

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goosebumps 2 haunted halloween despite not appearing in the film goosebumps 2 haunted halloween the tie in book slappy s return reveals that a goosebumps themed halloween mask of a horrorland horror was one of the costumes brought to life by slappy description the horrorland horrors have been described in a variety of ways with horns

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you are now one day at horrorland r l stine 2015 06 04 they re baa ack make way for the bestselling children s series of all time with a fresh new look goosebumps is set to scare a whole new generation of kids

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overview r l stine had written what was originally announced as a twelve book series titled goosebumps horrorland the series based loosely on one day at horrorland sixteenth in the original series and return to horrorland thirteenth in the goosebumps 2000 series is the first goosebumps series where each book is part of the same plot and the first

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genre s interactive movie mode s single player escape from horrorland is a goosebumps video game that was released in 1996 1 attack of the mutant and goosebumps horrorland are other video games of the series the game has jeff goldblum making a special appearance as dracula and isabella rossellini as lady cadaver

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slappy the dummy is a fictional character and the main antagonist in the goosebumps children s series by r l stine he is one of the series most popular villains the main antagonist of the night of the living dummy saga and the mascot of the franchise he is also the main antagonist of the goosebumps movie and its sequel where stine describes him as a

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you can t believe it you stare out the window at the creepy cemetery in your grandmother s backyard the graves are moving you re sure of it then you turn to see an even more frightening sight your grandmother s house is haunted by ghosts lots of ghosts evil ghosts who want you why are the creeping coffins creeping

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oct 20 2023 although slappy the dummy returns in the 2023 goosebumps series the villain has been given an all new origin story the goosebumps franchise has changed its face many times over the years first it was a series of children s horror novels by author r l stine then there was an anthology horror tv show that adapted the books for the small screen