

30
Day

WALKING **FOR** **BEGINNERS**

challenge



TRAINING PLAN

| | | | | |
|---|--|--|---|--|
| <p>Day 1</p> <p><input type="radio"/> 10 Min Easy Walk</p>  | <p>Day 2</p> <p><input type="radio"/> 10 Min Easy Walk</p>  | <p>Day 3</p> <p><input type="radio"/> 15 Min Easy Walk</p>  | <p>Day 4</p> <p><input type="radio"/> 10 Min Brisk Walk</p>  | <p>Day 5</p> <p><input type="radio"/> 15 Min Easy Walk</p>  |
| <p>Day 6</p> <p><input type="radio"/> 10 Min Brisk Walk</p>  | <p>Day 7</p> <p><input type="radio"/> Rest OR 15 Min Easy Walk</p>  | <p>Day 8</p> <p><input type="radio"/> 15 Min Easy Walk</p>  | <p>Day 9</p> <p><input type="radio"/> 10 Min Brisk Walk</p>  | <p>Day 10</p> <p><input type="radio"/> 15 Min Easy Walk</p>  |
| <p>Day 11</p> <p><input type="radio"/> 20 Min Easy Walk</p>  | <p>Day 12</p> <p><input type="radio"/> 15 Min Easy Walk</p>  | <p>Day 13</p> <p><input type="radio"/> 15 Min Brisk Walk</p>  | <p>Day 14</p> <p><input type="radio"/> Rest OR 15 Min Easy Walk</p>  | <p>Day 15</p> <p><input type="radio"/> 15 Min Easy Walk</p>  |
| <p>Day 16</p> <p><input type="radio"/> 20 Min Easy Walk</p>  | <p>Day 17</p> <p><input type="radio"/> 15 Min Brisk Walk</p>  | <p>Day 18</p> <p><input type="radio"/> 25 Min Easy Walk</p>  | <p>Day 19</p> <p><input type="radio"/> 20 Min Easy Walk</p>  | <p>Day 20</p> <p><input type="radio"/> 20 Min Brisk Walk</p>  |

Walking Workout Same Day Delivery

Thomas Griffiths



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ω represents the frequency of a sine wave when we write it this way $\sin \omega t$ if $\omega = 1$ the sin completes one cycle in 2π seconds if $\omega = 2\pi$ the sin completes one cycle sooner every 1 second for $f = 1$ if $\omega = 2\pi f$ the sin completes one cycle even faster every $1/f$ seconds or equivalently sin completes f cycles in 1 second

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