



# 30 Day Walking Challenge For Beginners

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

# Walking Workout Cyber Monday Guide

**PT Brinkman**



## **Walking Workout Cyber Monday Guide:**

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**Footprint Marrakech & the High Atlas Handbook** Justin McGuinness, 2001 This guide aims to help the traveler to maximize on time and resources with suggested itineraries and easy-to-get-to sights. The author provides extensive coverage of the culture and background of the area as well as full accommodation listings, suggestions on where to sample the tastiest Moroccan dishes and helpful travel tips. *Running Times*, 2006-07 Running Times magazine explores training from the perspective of top athletes, coaches and scientists, rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner's worldview. *Willing's Press Guide*, 2003 Coverage of publications outside the UK and in non-English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts.

**Fiske Guide to Colleges 2009** Edward B. Fiske, 2008 The best college guide you can buy. USA Today. For more than 25 years, this leading guide to more than 310 colleges and universities, fully updated and expanded every year, has been an indispensable source of information for college-bound students and their parents. Helpful, honest and straightforward, the Fiske Guide to Colleges delivers an insider's look at the academic climates and the social and extracurricular scenes at the best and most interesting schools in the United States, plus Canada and Great

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**ABA-LSAC Official Guide to ABA-Approved Law Schools, 2005 Edition** Law School Admission Council,2004-04-05

**Discovering Computers 2000** Gary B. Shelly,Thomas J. Cashman,Misty E. Vermaat,1999

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