



28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1.5 miles	2 miles	2 mile	2 miles	3 miles
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
1 mile	2 miles	3 miles	3 miles	2 miles	3 miles	4 miles
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
2 mile	3 miles	4 miles	4 miles	2 miles	4 miles	5 miles
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
2 mile	4 miles	5 miles	5 miles	3 miles	5 miles	6 miles
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

Walking Workout Weekly Ad Guide

Leonard Mogel



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Table of Contents Walking Workout Weekly Ad Guide

1. Understanding the eBook Walking Workout Weekly Ad Guide
 - The Rise of Digital Reading Walking Workout Weekly Ad Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Weekly Ad Guide
 - 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 a Walking Workout Weekly Ad Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Weekly Ad Guide
 - Personalized Recommendations
 - Walking Workout Weekly Ad Guide User Reviews and Ratings
 - Walking Workout Weekly Ad Guide and Bestseller Lists
5. Accessing Walking Workout Weekly Ad Guide Free and Paid eBooks
 - Walking Workout Weekly Ad Guide Public Domain eBooks
 - Walking Workout Weekly Ad Guide eBook Subscription Services
 - Walking Workout Weekly Ad Guide Budget-Friendly Options

6. Navigating Walking Workout Weekly Ad Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout Weekly Ad Guide Compatibility with Devices
 - Walking Workout Weekly Ad Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Weekly Ad Guide
 - Highlighting and Note-Taking Walking Workout Weekly Ad Guide
 - Interactive Elements Walking Workout Weekly Ad Guide
8. Staying Engaged with Walking Workout Weekly Ad Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Weekly Ad Guide
9. Balancing eBooks and Physical Books Walking Workout Weekly Ad Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Weekly Ad Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout Weekly Ad Guide
 - Setting Reading Goals Walking Workout Weekly Ad Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout Weekly Ad Guide
 - Fact-Checking eBook Content of Walking Workout Weekly Ad Guide
 - 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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