



30 Day Walking Challenge For Beginners

| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|----------|---------------|-------------------------------|-------------------------------|---|---------------|-------------------------------|---------------|
| 1 | 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 |
| 2 | 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 |
| 3 | 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 |
| 4 | 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 |
| 5 | 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

Walking Workout Stem Kits Guide

Fred Matheny



Walking Workout Stem Kits Guide:

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This book delves into Walking Workout Stem Kits Guide. Walking Workout Stem Kits Guide is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Walking Workout Stem Kits Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Walking Workout Stem Kits Guide
 - Chapter 2: Essential Elements of Walking Workout Stem Kits Guide
 - Chapter 3: Walking Workout Stem Kits Guide in Everyday Life
 - Chapter 4: Walking Workout Stem Kits Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Walking Workout Stem Kits Guide. The first chapter will explore what Walking Workout Stem Kits Guide is, why Walking Workout Stem Kits Guide is vital, and how to effectively learn about Walking Workout Stem Kits Guide.
 3. In chapter 2, this book will delve into the foundational concepts of Walking Workout Stem Kits Guide. This chapter will elucidate the essential principles that need to be understood to grasp Walking Workout Stem Kits Guide in its entirety.
 4. In chapter 3, the author will examine the practical applications of Walking Workout Stem Kits Guide in daily life. This chapter will showcase real-world examples of how Walking Workout Stem Kits Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Walking Workout Stem Kits Guide in specific contexts. This chapter will explore how Walking Workout Stem Kits Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Walking Workout Stem Kits Guide. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout Stem Kits Guide.

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