



# 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 Ideas Store Hours

**Jicheng Xie**



## **Walking Workout Ideas Store Hours:**

## The Enigmatic Realm of **Walking Workout Ideas Store Hours**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Walking Workout Ideas Store Hours** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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