



# 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 Tips Open Now

**G Thomas**



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## **Table of Contents Walking Workout Tips Open Now**

1. Understanding the eBook Walking Workout Tips Open Now
  - The Rise of Digital Reading Walking Workout Tips Open Now
  - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Tips Open Now
  - 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 an Walking Workout Tips Open Now
  - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Tips Open Now
  - Personalized Recommendations
  - Walking Workout Tips Open Now User Reviews and Ratings
  - Walking Workout Tips Open Now and Bestseller Lists

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