



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes	1.5 miles 35 minutes	1 miles 25 minutes	1.2 miles 25 minutes	1 mile 20 minutes	2 miles 37 minutes	2 miles 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 25 minutes	2 miles 37 minutes	1.5 miles 35 minutes	1.8 miles 35 minutes	2 miles 40 minutes	2 miles 37 minutes	3 miles 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 30 minutes	2 miles 37 minutes	3 miles 60 minutes	2 miles 37 minutes	2 miles 40 minutes	2 miles 37 minutes	4 miles 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 30 minutes	3 miles 54 minutes	3 miles 60 minutes	2 miles 37 minutes	3 miles 60 minutes	2 miles 37 minutes	5 miles 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 30 minutes	4 miles 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

Weekly Ad Walking Workout Update

Vincent Antonetti, PhD



Weekly Ad Walking Workout Update:

The Ultimate Body Book Linda Shelton, Angela Hynes, 2006-12-01 From America's 1 women's fitness magazine with six million readers each issue comes the Ultimate Body Book the follow up to the bestseller Shape Your Life Linda Shelton Shape magazine's fitness director shows you how to achieve your best body the Shape way This means getting lean and toned having high energy and possessing the head to toe confidence that comes from knowing you're at your personal peak of health and well being

Harper's Weekly John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1870 *Harper's Weekly*, 1876

Shapewalking Marilyn L. Bach, 2003

Adweek's Marketing Week, 1988

Prevention, 2006-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

Senior Fitness - Metric Edition Vincent Antonetti, PhD, 2013-11-24 2nd Edition Updated and easier to use Senior Fitness Metric Edition is written by a senior especially for senior men and women ages 50 to 80 years who want to get healthy stay healthy and enjoy life Learn how to exercise properly Learn how to improve your balance and reduce your risk of falling Learn how to eat to stay healthy and live longer Learn how to lose weight safely and keep it off Learn how to avoid gaining weight as you get older This book has 45 Tables 14 Figures and a Bibliography Many of the tables are new unique Metric units Senior Fitness is a great reference and a practical lifelong guide packed with useful and often unique information Senior Fitness Metric Edition is another sensible book you can trust from NoPaperPress

The Fitness Book LeRoy Getchell, 1987

Shoe Retailer and Boots and Shoes Weekly, 1908

New Woman, 1994

Shape Up! Bud Getchell, 1994

[Publishers Weekly](#), 1990

Publishers' Circular and Booksellers' Record of British and Foreign Literature, 1910

Runner's World, 2002

Total Fitness for Men - Metric Edition Vincent Antonetti, PhD, 2013-12-12 This is a total fitness guide for men with equal emphasis on exercise nutrition weight loss and weight maintenance Learn how to safely get fit lose weight eat healthy and look your best The eBook is packed with useful new tables BMI Based Height Weight Weight Loss Prediction Cardio Assessment Strength Assessment and much more including illustrated dumbbell workouts Total Fitness for Men Metric Edition is another sensible easy to use eBook you can trust from NoPaperPress Metric units PhD author

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Friends' Weekly Intelligencer ,1892 A Wellness Way of Life Gwen Robbins,Debbie Powers,Sharon Burgess,2002 The Publishers Weekly ,2003 **The Polar Fat Free and Fit Forever Program** James M. Rippe,Karla Dougherty,1994 *Malaysian Business* ,1989

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