

# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



## Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

# Walking Workout Last 90 Days

**M Lipman**



**Walking Workout Last 90 Days:**

## Whispering the Secrets of Language: An Mental Quest through **Walking Workout Last 90 Days**

In a digitally-driven earth wherever monitors reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases often get unheard. However, located within the pages of **Walking Workout Last 90 Days** a charming literary value blinking with organic thoughts, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that charming opus encourages viewers on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the emotional depths of this poignant evaluation, we shall embark upon a sincere exploration of the book is key themes, dissect their interesting publishing type, and succumb to the strong resonance it evokes strong within the recesses of readers hearts.

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