



28 Day Walking Challenge For Beginners

1

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|-------------------------------|------------------|-------------------------------|---------------|-------------------------------|----------------|
| 1 mile | 1.5 miles | 1.5 miles | 2 miles | 2 mile | 2 miles | 3 miles |
| 25 minutes | 35 minutes | 30 minutes | 45 minutes | 40 minutes | 37 minutes | 60 minutes |
| slow pace | 25 min slow + 10 min moderate | moderate pace | 25 min slow + 20 min moderate | moderate pace | 20 min moderate + 17 min fast | moderate pace |

2

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|-------------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 1 mile | 2 miles | 3 miles | 3 miles | 2 miles | 3 miles | 4 miles |
| 20 minutes | 37 minutes | 60 minutes | 51 minutes | 40 minutes | 57 minutes | 80 minutes |
| moderate pace | 20 min moderate + 17 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 17 min fast | moderate pace |

3

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 2 mile | 3 miles | 4 miles | 4 miles | 2 miles | 4 miles | 5 miles |
| 40 minutes | 57 minutes | 80 minutes | 68 minutes | 40 minutes | 74 minutes | 100 minutes |
| moderate pace | 40 min mod + 17 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 34 min fast | moderate pace |

4

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| 2 mile | 4 miles | 5 miles | 5 miles | 3 miles | 5 miles | 6 miles |
| 40 minutes | 74 minutes | 100 minutes | 85 minutes | 60 minutes | 91 minutes | 120 minutes |
| moderate pace | 40 min mod + 34 min fast | moderate pace | fast pace | moderate pace | 40 min mod + 51 min fast | moderate pace |

Tips To Follow The 28-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 28-Day Walking Plan (and much more) at LoveLifeBeFit.com

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Arturo Cuomo



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