



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

Walking Workout Guide

Reader's Digest Association

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Walking Workout Guide:

Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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Fast Fat Loss Plan Daniel Burke, 2007 Health and Fitness Guide Includes DVD rom in the back of the book in a plastic sleeve The Fast Fat Loss Plan is a no nonsense guide to losing weight through eating healthy unprocessed foods and performing exercise

The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking It s simple it works and you ve been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It s the shoes choosing the right pair and why it s so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first

ninety days are behind you *Natural Healing Guide, 2000* Prevention Magazine,2000 Diet-step Fred A. Stutman,2003-01-22 A weight loss program with a woman s overall health in mind *Walking Medicine* Gary Yanker,Kathy Burton,1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems **The Woman's Day Guide to Lasting Weight Loss** Kathy Keenan Isoldi,2007 **The Complete Idiot's Guide to Looking & Feeling Younger** Hattie Wiener,Sallie Batson,2000 PLEASE PROVIDE COURSE INFORMATION PLEASE PROVIDE *YMCA Walk Reebok Instructor's Manual* ,1996 *Bowker's Complete Video Directory, 1998* ,1998 **Your Guide to Getting Fit** Ivan Kusinitz,Morton Fine,1995 This is a practical guide to understanding tness and developing a successful personal tness program It provides basic physiological information and outlines the tness process allowing the instructor to serve as advisor while the student creates his or her own tness program Walking to Lose Weight Susan J. Campbell,Amazon.com (Firm),2013 Walking is the very foundation of life health and fitness It s natural and primal and it s the easiest thing on the planet to do It s also the most overlooked component of fitness and I feel that s a huge reason why so many people are so overweight these days Weight loss seems like a difficult process Perhaps even one that requires deprivation and discomfort Fortunately that s not the reality at all There s definitely a truth to losing weight it does require some action on your part But the things you do on your weight loss journey don t have to be painful The process of losing weight can actually be fun and enjoyable In the guide *Walking to Lose Weight A 12 Week Walking Workout Plan* you will learn an exact 12 week walking workout plan that you can use to lose weight starting today Each step you take on this plan above and beyond your current activity will move you that much closer to achieving your weight loss goals **The Complete Manual of Fitness and Well-being** Reader's Digest Association (Canada),Sélection du Reader's digest (Canada) (Firme),1988 In addition to exercise and diet this account covers such topics as human growth body parts and health *The Complete Manual of Fitness and Well-being* Reader's Digest Association,1984 Each chapter of this all purpose health book deals with a different topic ranging from nutrition to exercise and also covering beauty care sexuality and alternative medicine Charts diagrams drawings and 450 full color photos *The Good Housekeeping Illustrated Guide to Women's Health* Kathryn Cox,1995 More than ever women are taking charge of their own health No longer content to let the doctor decide they are demanding a say in picking the therapy or procedure that s best for them Indeed American women are envied around the world because they have so much control over their bodies With this newfound control comes the responsibility to be a truly informed partner in making important medical decisions This means keeping abreast of new scientific developments and knowing what questions to ask or where to find the answers no easy task given the sometimes overwhelming and often conflicting flood of medical information available through the media and other sources With this in mind the editors of Good Housekeeping have created the *Illustrated Guide to Women s Health* a timely and thorough text compiled by a team of medical experts These highly respected specialists represent the

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Walking for Health and Fitness Consumer Guide, 1988

The Rockport Walking Program James M. Rippe, 1989 Based on research at the Rockport Walking Institute Dr James M Rippe and Ann Ward Ph D present an exciting new approach to health and vitality

WALK

Mall Walking Madness Sara Donovan, Gary Legwold, 2002 For anyone who wants to get fit and lose weight here's a complete how to manual from Sara Donovan founder of the nation's largest mall walking group At once practical and inspirational Donovan shares tips from the trenches success stories from the sneaker set and a complete understanding of the obstacles we create for ourselves when trying to adopt a healthier lifestyle Mall walking she explains is perfect for the exercise avoidant because it offers diversions like camaraderie and window shopping and takes away easy excuses like bad weather

A Man's Field Guide to Dating Robert A. Wray, 1999 Finally the most comprehensive men's guide to dating ever written authored by a man for men Twenty seven chapters of relevant practical advice presented in a lighthearted entertaining and highly readable style This helpful book provides a collection of ideas and advice culled from the dating experiences of many men and women Its aim is to help men develop social relationships and meet and enjoy the company of women

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