



# 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 This Week

**Vincent Antonetti, PhD, Tina Hudson**

## Walking Workout This Week:

**Weight Loss for Men - Metric Edition** Vincent Antonetti, PhD, 2013-12-12 This eBook is packed with all the information you need for real understanding the guidance you need to be successful and easy to use 1200 kcal 1500 kcal and 1800 kcal meal plans you need to lose weight with strong chapters on nutrition and exercise Weight Lose for Men has a new BMI based Height Weight table as well as new tables you can use to predict and monitor your weight Loss for various diet calorie levels to determine body fat percentage your maximum waist size and your optimum waist size for health and much more This is another sensible easy to follow eBook you can trust from NoPaperPress Metric units PhD author

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3 WEIGHT MAINTENANCE The Weight Maintenance Program Why Do People Regain Weight Weight Control Life Long Struggle Planning Maintenance Eating Mini Diets Maintain Weight Loss Keys to Life Long Weight Control Appendix A NUTRITION Proteins are Building Blocks You Need Carbs Glycemic Index Cholesterol and Triglycerides More About Fat Vitamins and Minerals Phytonutrients From Plants Guidelines for Healthy Eating Basic Food Groups Vitamin Mineral Supplements Become a Calorie Expert Estimating Calories in a Meal You Need Fiber Water Water Everywhere Use Salt Sparingly Not Too Much Sugar Common Sense Nutrition Eat Slowly Appendix B EXERCISE How Many Calories Do You Burn Types of Exercise Select the Right Exercise Aerobic Exercise How Hard Target Training Zone Walking Program Get a Pedometer Jogging Program Strength Building Programs More Strengthening Exercises Still More Exercises If You Miss a Workout Risks and Possible Problems Avoiding Injury Keep an Exercise Log Effective Low Cost Exercising Workout Lose Weight Be Healthy

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**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 Tamilee Webb's Defy Gravity Workout Tamilee Webb, 2005 *Fit and Fabulous After 40* Denise Austin, 2002-05-14 America's favorite fitness expert presents a breakthrough program to win the war against aging a battle she has personally fought and won We all know that aging is inevitable but how gracefully you age is up to you Scientific research shows that we can turn back the clock through a targeted regimen of age busting exercise and nutrition Now in *Fit and Fabulous After 40* award winning fitness expert Denise Austin presents her own revolutionary sure fire plan to help you stay healthy strong slim and fabulous no matter what your age By exercising for just thirty minutes a day using cutting edge techniques such as yoga and Pilates based exercises and eating for maximum health and vitality you can build strength shed extra pounds improve flexibility and balance and look years younger *Fit and Fabulous After 40* includes Easy to follow workout plans for every day of the week Fat blasting toning exercises to target specific areas of the body Weekly nutrient packed meal plans with delicious slimming recipes Denise's personal vitamin and supplement regimen Invaluable advice on common health concerns for women such as menopause breast cancer and heart disease Special beauty tips including anti wrinkle exercises Designed to fit even the most hectic schedules and easily tailored to individual health concerns *Fit and Fabulous After 40* offers a modern realistic fountain of youth for every woman **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

**Fitness Walking For Dummies** Liz Neporent,2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program

Get Fit Through Power Walking Becky Youman,2003 McCall's ,1930 *The Popular Science Monthly* ,1923 Shape Up! Bud Getchell,1994 **The Ultimate Body** Liz Neporent,2003 Offers instructions for ten complete workouts emphasizing different goals and methods including routines for weight loss strength flexibility and the upper body **The Fitness Book** LeRoy Getchell,1987 **Good Housekeeping** ,1920 *Walking and Light Running* Klaus Bos (Dr),2006 **Walk, Jog, Run, for Wellness** Patricia A. Floyd,Janet E. Parke,1990 **Walking for Little Children** Robert Sweetgall,Robert Neeves,1987 Grade level 1 2 3 4 5 6 7 k p e i t The Woman's Day Guide to Lasting Weight Loss Kathy Keenan Isoldi,2007 *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 **No More Excuses** Tawni Gomes,2000-04 This inspirational motivational health and fitness guide presents creative ways to make the connection while on the road

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