

**30**  
Day

# **WALKING** **FOR** **BEGINNERS**

challenge



## TRAINING PLAN

<p>Day 1</p> <p>10 Min Easy Walk</p> 	<p>Day 2</p> <p>10 Min Easy Walk</p> 	<p>Day 3</p> <p>15 Min Easy Walk</p> 	<p>Day 4</p> <p>10 Min Brisk Walk</p> 	<p>Day 5</p> <p>15 Min Easy Walk</p> 
<p>Day 6</p> <p>10 Min Brisk Walk</p> 	<p>Day 7</p> <p>Rest OR 15 Min Easy Walk</p> 	<p>Day 8</p> <p>15 Min Easy Walk</p> 	<p>Day 9</p> <p>10 Min Brisk Walk</p> 	<p>Day 10</p> <p>15 Min Easy Walk</p> 
<p>Day 11</p> <p>20 Min Easy Walk</p> 	<p>Day 12</p> <p>15 Min Easy Walk</p> 	<p>Day 13</p> <p>15 Min Brisk Walk</p> 	<p>Day 14</p> <p>Rest OR 15 Min Easy Walk</p> 	<p>Day 15</p> <p>15 Min Easy Walk</p> 
<p>Day 16</p> <p>20 Min Easy Walk</p> 	<p>Day 17</p> <p>15 Min Brisk Walk</p> 	<p>Day 18</p> <p>25 Min Easy Walk</p> 	<p>Day 19</p> <p>20 Min Easy Walk</p> 	<p>Day 20</p> <p>20 Min Brisk Walk</p> 

# Walking Workout Same Day Delivery

**Emily Keshner, Joyce Fung**



## **Walking Workout Same Day Delivery:**

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## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Walking Workout Same Day Delivery**

In some sort of inundated with monitors and the cacophony of immediate conversation, the profound power and emotional resonance of verbal artistry often diminish into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, set within the lyrical pages of **Walking Workout Same Day Delivery**, a captivating work of fictional elegance that impulses with natural thoughts, lies an memorable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this enchanting opus instructions visitors on an emotional odyssey, delicately revealing the latent possible and profound influence stuck within the elaborate web of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is key styles, dissect its captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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