



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	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
2	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
3	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
4	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
5	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

Walking Workout Update Install

H Kauffman



Walking Workout Update Install:

The book delves into Walking Workout Update Install. Walking Workout Update Install is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Walking Workout Update Install, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Walking Workout Update Install
 - Chapter 2: Essential Elements of Walking Workout Update Install
 - Chapter 3: Walking Workout Update Install in Everyday Life
 - Chapter 4: Walking Workout Update Install in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Walking Workout Update Install. This chapter will explore what Walking Workout Update Install is, why Walking Workout Update Install is vital, and how to effectively learn about Walking Workout Update Install.
 3. In chapter 2, the author will delve into the foundational concepts of Walking Workout Update Install. The second chapter will elucidate the essential principles that need to be understood to grasp Walking Workout Update Install in its entirety.
 4. In chapter 3, the author will examine the practical applications of Walking Workout Update Install in daily life. The third chapter will showcase real-world examples of how Walking Workout Update Install can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Walking Workout Update Install in specific contexts. The fourth chapter will explore how Walking Workout Update Install is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Walking Workout Update Install. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Walking Workout Update Install.

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