



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 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

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Praveen Palanisamy



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Hands-On Intelligent Agents with OpenAI Gym Praveen Palanisamy, 2018-07-31 Implement intelligent agents using PyTorch to solve classic AI problems play console games like Atari and perform tasks such as autonomous driving using the CARLA driving simulator Key Features Explore the OpenAI Gym toolkit and interface to use over 700 learning tasks Implement agents to solve simple to complex AI problems Study learning environments and discover how to create your own Book Description Many real world problems can be broken down into tasks that require a series of decisions to be made or actions to be taken The ability to solve such tasks without a machine being programmed requires a machine to be artificially intelligent and capable of learning to adapt This book is an easy to follow guide to implementing learning algorithms for machine software agents in order to solve discrete or continuous sequential decision making and control tasks Hands On Intelligent Agents with OpenAI Gym takes you through the process of building intelligent agent algorithms using deep reinforcement learning starting from the implementation of the building blocks for configuring training logging visualizing testing and monitoring the agent You will walk through the process of building intelligent agents from scratch to perform a variety of tasks In the closing chapters the book provides an overview of the latest learning environments and learning algorithms along with pointers to more resources that will help you take your deep reinforcement learning skills to the next level What you will learn Explore intelligent agents and learning environments Understand the basics of RL and deep RL Get started with OpenAI Gym and PyTorch for deep reinforcement learning Discover deep Q learning agents to solve discrete optimal control tasks Create custom learning environments for real world problems Apply a deep actor critic agent to drive a car autonomously in CARLA Use the latest learning environments and algorithms to upgrade your intelligent agent development skills Who this book is for If you re a student game machine learning developer or AI enthusiast looking to get started with building intelligent agents and algorithms to solve a variety of problems with the OpenAI Gym interface this book is for you You will also find this book useful if you want to learn how to build deep reinforcement learning based agents to solve problems in your domain of interest Though the book covers all the basic concepts that you need to know some working knowledge of Python programming language will help you get the most out of it *Walking Networks* Blake Morris, 2019-11-05 Since the early 2000s there has been an increase in artists who are walking as an essential part of their artistic practice This book identifies the unique attributes of walking to develop a definition for walking as an artistic medium Drawing on historical sources such as the walks of the Romantic poets Dadaists and Letterist Situationist Internationals it presents a practice based approach to walking focused on the radical memory of the medium The book covers three contemporary organisations working to develop the artistic medium of walking London s Walking Artists Network Scotland s Walking Institute and New York City s Walk Exchange and looks at how these different organisation s strategies contribute to the development of the artistic medium of walking The book is framed by five walking exercises and invites the reader to

create a memory palace for the medium of walking as a practical exploration of artistic walking practices *Coach Yourself to Success, Revised and Updated Edition* Talane Miedaner, 2014-11-21 In just six months I have gained tremendous clarity about how to care for my needs live my values and create my ideal life Pat Thomas vice president product delivery AT T This book is your blueprint for the life you ve always dreamed about having Sandy Vilas president Coach University Olympic athletes have a coach CEOs use the services of an executive coach Can you imagine how much more productive and successful you would be if you had your own life coach You don t have to anymore In *Coach Yourself to Success* Talane Miedaner one of the most widely recognized personal coaches in the world provides you with the latest technology for achieving success and attracting everything you have always wanted Using her experience as a professional coach for hundreds of Fortune 500 clients and her own corporate background Talane shares 101 of the most powerful and effective coaching tips and presents them in an easy to follow 10 part program *Coach Yourself to Success* will help you gain insight into what is truly important in your life and give you the edge to take yourself from ordinary to extraordinary Transit News ,1985 *Indistractable* Nir Eyal, 2019-09-10 *Indistractable* provides a framework that will deliver the focus you need to get results James Clear author of *Atomic Habits* If you value your time your focus or your relationships this book is essential reading I m putting these ideas into practice Jonathan Haidt author of *The Righteous Mind* NATIONAL BESTSELLER WINNER OF THE OUTSTANDING WORKS OF LITERATURE OWL AWARD INCLUDED IN THE TOP 5 BEST PERSONAL DEVELOPMENT BOOKS OF THE YEAR BY AUDIBLE INCLUDED IN THE TOP 20 BEST BUSINESS AND LEADERSHIP BOOKS OF THE YEAR BY AMAZON FEATURED IN THE AMAZON BOOK REVIEW NEWSLETTER JANUARY 2020 GOODREADS BEST SCIENCE TECHNOLOGY OF 2019 FINALIST You sit down at your desk to work on an important project but a notification on your phone interrupts your morning Later as you re about to get back to work a colleague taps you on the shoulder to chat At home screens get in the way of quality time with your family Another day goes by and once again your most important personal and professional goals are put on hold What would be possible if you followed through on your best intentions What could you accomplish if you could stay focused What if you had the power to become indistractable International bestselling author former Stanford lecturer and behavioral design expert Nir Eyal wrote *Silicon Valley s* handbook for making technology habit forming Five years after publishing *Hooked* Eyal reveals distraction s Achilles heel in his groundbreaking new book In *Indistractable* Eyal reveals the hidden psychology driving us to distraction He describes why solving the problem is not as simple as swearing off our devices Abstinence is impractical and often makes us want more Eyal lays bare the secret of finally doing what you say you will do with a four step research backed model *Indistractable* reveals the key to getting the best out of technology without letting it get the best of us Inside Eyal overturns conventional wisdom and reveals Why distraction at work is a symptom of a dysfunctional company culture and how to fix it What really drives human behavior and why time management is pain management Why your relationships and your sex life depend on you

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