30-DAY WALKING CHALLENGE FOR BEGINNERS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk * 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk * 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk * 15 Min Brisk Walk
4]	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk * 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
	35 Min	30 Min					

Top Tips for the 30-Day Walking Challenge

- Walk By Effort, Not Pace Don't worry about how fast you're going. Just focus on using effort as your guide.
- Set a Schedule Routine is king. Pick a time of day to get your walking in and stick to it.
- Plan Your Routes Try out new routes to keep your walks fun, motivating, and engaging
- Walk with a Friend Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- Wear the Right Gear Getting a good pair of walking shoes will help ensure your feet are properly supported.
- Stay Hydrated!

Easy

Brisk

Walk

Keep It Fun - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you
going!

Check out the full 30-Day Walking Challenge (and much more!) at MarathonHandbook.com

MARATHON HANDBOOK

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Ian Pickup

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