



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

Walking Workout Goodreads Choice Tips

Christian Drosten



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The Smart But Scattered Guide to Success Peg Dawson, Richard Guare, 2016-01-16 Dawson and Guare offer guidance for boosting executive skills the core brain based abilities needed to get more done with less stress They provide simple yet effective strategies for maintaining focus conquering clutter staying on top of work demands and taming the chaos of family life

Eat, Sleep, Save the World Jamie Sumner, 2020-03-03 An encouraging and empowering read Eat Sleep Save the World reminds every parent of a child with special needs that they are in fact superheroes Parenting is hard for everyone And it takes a lot of inner pep talk and prayer to be the kind of parent your child needs Eat Sleep Save the World is the rallying voice for the parenting special needs community It highlights the exceptional qualities God has gifted you with so that you can take care of your exceptional children It is a celebration a hallelujah a high five for what you are doing right And it offers peace in God for what you feel you lack With a mixture of humor honesty and hope Jamie Sumner brings comfort to other parents like herself who need to hear that God has made them more than capable to raise their special kids

Getaway with God Letitia Suk, 2016-11-29 What if a simple day away could transform your life Does spending time with God sound like just one more thing to check off an ever increasing to do list How are you supposed to fit in anything that threatens to be more time consuming Too often there s simply no room to experience the intimacy grace and peace that God offers us Getaway with God does more than invite you to step away from life s pressures to take a personal retreat It shows you exactly why you must for your sake and for your family s With grace and warmth Letitia Suk provides step by step guidance and the necessary tools to enable any woman on any budget to plan time away whether it s a quick half day break or a weeklong time of restoration You ll find detailed steps for preparation including descriptions of different kinds of retreats and how to choose the best one for you and you ll learn ways to bring the renewal you experience home with you Practical appendixes identify retreat centers nationwide and provide exercises and prayers to kick start your getaway with God No matter what your season in life the time for retreat is now Getaway with God is a gem Karen Burton Mains author of Open Heart Open Home director of Hungry Souls

The New Retirement Jan Cullinane, 2022-05-03 Craft your complete retirement plan with help from this straightforward and robust blueprint In the newly revised Third Edition of *The New Retirement The Ultimate Guide to the Rest of Your Life* best selling and award winning retirement author Jan Cullinane delivers an organized engaging and holistic treatment of retirement planning With extensive updates and additions throughout the book includes surveys questionnaires and worksheets to help readers understand and apply the critical steps affecting retirement planning In this book you ll also find Fresh and informative examples from real people about all aspects of their retirement journey from savings and tax issues to location selection to second careers remote work and leaving a legacy Thorough explorations of niche retirement lifestyles established locations and new retirement communities Discussions of critical issues affecting potential and current retirees including health relationships politics climate

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