30-DAY WALKING CHALLENGE FOR BEGINNERS

MARATHON HANDBOOK

	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
5	35 Min Easy Walk	30 Min Brisk Walk					

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!**
- **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

Walking Workout Last 90 Days Tutorial

Fleck, Steven J.,Kraemer, William

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