



# 30 Day Walking Challenge For Beginners

| 1 | MON                                      | TUE                                                      | WED                                                      | THUR                                                                   | FRI                                    | SAT                                                    | SUN                                     |
|---|------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------|--------------------------------------------------------|-----------------------------------------|
|   | 1 mile<br>25 minutes<br>slow pace        | 1.5 miles<br>35 minutes<br>25 min slow + 10 min moderate | 1 miles<br>25 minutes<br>slow pace                       | 1.2 miles<br>25 minutes<br>5 min slow + (1 min fast + 1 min slow) x 10 | 1 mile<br>20 minutes<br>moderate pace  | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 2 miles<br>40 minutes<br>moderate pace  |
| 2 | MON                                      | TUE                                                      | WED                                                      | THUR                                                                   | FRI                                    | SAT                                                    | SUN                                     |
|   | 1 mile<br>25 minutes<br>slow pace        | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast   | 1.5 miles<br>35 minutes<br>25 min slow + 10 min moderate | 1.8 miles<br>35 minutes<br>5 min slow + (2 min fast + 1 min slow) x 10 | 2 miles<br>40 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 3 miles<br>60 minutes<br>moderate pace  |
| 3 | MON                                      | TUE                                                      | WED                                                      | THUR                                                                   | FRI                                    | SAT                                                    | SUN                                     |
|   | 1.5 miles<br>30 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast   | 3 miles<br>60 minutes<br>moderate pace                   | 2 miles<br>37 minutes<br>5 min slow + (3 min fast + 1 min slow) x 8    | 2 miles<br>40 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 4 miles<br>80 minutes<br>moderate pace  |
| 4 | MON                                      | TUE                                                      | WED                                                      | THUR                                                                   | FRI                                    | SAT                                                    | SUN                                     |
|   | 1.5 miles<br>30 minutes<br>moderate pace | 3 miles<br>54 minutes<br>20 min mod + 34 min fast        | 3 miles<br>60 minutes<br>moderate pace                   | 2 miles<br>37 minutes<br>5 min slow + (3 min fast + 1 min slow) x 8    | 3 miles<br>60 minutes<br>moderate pace | 2 miles<br>37 minutes<br>20 min moderate + 17 min fast | 5 miles<br>100 minutes<br>moderate pace |
| 5 | MON                                      | TUE                                                      |                                                          |                                                                        |                                        |                                                        |                                         |
|   | 1.5 miles<br>30 minutes<br>moderate pace | 4 miles<br>74 minutes<br>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](http://LoveLifeBeFit.com)

# [Walking Workout Guide Open Now](#)

**Sheri R. Colberg**



## **Walking Workout Guide Open Now:**

**Routine Miracles** Conrad Fischer, 2009-10-30 This book covers medical advances that would once have been called miracles but have now become routine The patients stories within this book yield hope optimism and triumph This is the best time ever to come out of medical school and training This fact will inspire and uplift everyone in the medical profession as well as all of us who must at some point rely on the art of medicine to see us through Conrad Fischer MD What has ruined today s medical students interest in devoting their lives to finding cures for the most rampant diseases riddling our population How can young doctors not be energized and excited by modern breakthroughs Why are they not inspired by the ability of current AIDS drugs to increase life expectancy by twenty five years In Routine Miracles award winning internist and medical educator Conrad Fischer investigates the disconnect between medical advances and the rise of physician dissatisfaction Fischer surveyed more than 3 000 physicians and interviewed hundreds of patients to uncover the seeds of doctors discontent Based upon his findings he offers a deeply personal and compelling call to action for all of us doctor and patient alike to celebrate the present and the future of medicine

**Journeys through the Akashic Records** Shelley A. Kaehr, 2022-07-08 Guide Your Soul s Path with the Invisible Library of Ultimate Knowledge Journey into the divine depths of the Akashic Records and access your unique soul information Packed with hands on exercises including past life healing psychic protection and meeting otherworldly guides this groundbreaking book empowers you to find meaningful answers to life s most important questions The Akashic Records consist of all thoughts deeds and actions that have ever been created in the past present or future Since her near death experience in 2000 Shelley A Kaehr PhD has accessed this cosmic storehouse frequently Now she teaches you how to enter the records for yourself and shares historical examples client stories insights from famous seers and more This phenomenal book helps you heal past life issues reveal your soul purpose and enjoy greater awareness and peace

**Exercise Echange Program** James M. Rippe, 1993-02 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive regimented dull and just plain ineffective It s a proven and flexible alternative that adds variety and interest to your current plan or helps you create one of your own Dr James M Rippe author of the bestselling Rockport Walking Program has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs You ll learn The six food categories and how to balance them How to participate in a different activity every day including housework and gardening as well as conventional exercise and still get a complete workout Dr Rippe s complete 30 day exercise and diet program Finally The Exercise Exchange Program includes more than 100 delicious new low fat recipes to get you started on the road to lasting health

**Survival Training Guide** United States. Office of the Chief of Naval Operations, 1955

**The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2007

**The 90-day Fitness Walking Program** Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking It s simple

it works and you've been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It's the shoes choosing the right pair and why it's so important Stretch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to assess your improving health and fitness Sticks and stones whether hand weights and walking poles are right for you Do the diet hydration nutrition calorie burn and cutting the fat Moving forward advanced techniques speed workouts and racewalking for the ambitious Beyond the book how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you **Bowker's Complete Video Directory, 1998**, 1998

**Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit **A Beginner's Guide to Second Life** v3 Image (Firm), 2007 Millions and millions of people from all over the world have discovered the new virtual universe of Second Life There you can meet new people make friends conduct business build empires whatever your imagination can conjure This easy to use Beginner's Guide takes you step by step through the process of going from embarrassingly unprepared Newbie to a seasoned resident in no time Learn how to design an Avatar for your new appearance You can look like anyone or anything you desire Buy land build a house a fortress or even an entire city Buy and island Create new products and services and sell them to other residents for Linden Dollars which can be converted to real US dollars This book shows you how with step by step exercises examples loads of illustrations everything you need to get started and having fun Successful Programs for Fitness and Health Clubs Sandy Coffman, 2007 **Y's Way to Fitness Walking** June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989

**Walkshaping** Gary Yanker, 1996 A combination aerobics and body sculpting program that puts all your muscles to work while you walk *The Sport Psychologist's Handbook* Joaquin Dosil, 2006-01-11 Intended for both practitioners for academics this title provides an overview of sports psychology married to a detailed survey of particular sports outlining the most effective methods of psychological assessment intervention **Walk! Get Into Shape the Easy Way** Othniel J. Seiden, 1985 The Truthseeker's Guide to the Investigation of Modern Spiritualism. Edited by F. W. M. Francis Ward MONCK, 1876 *THE MIND IN HEALING A PRACTICAL GUIDE TO FULL MENTAL AND PHYSICAL HEALTH* ROLF ALEXANDER, 1958 Walk It Off! Mark Fenton, 2002 **Training for Race Walking** Frank McGuire, 1962 *Walk-in Area Atlas*, 1995 **The City Record** New York (N.Y.), 1887

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