



30 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	40 minutes
slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace

2

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	60 minutes
slow pace	20 min moderate + 17 min fast	25 min slow + 10 min moderate	5 min slow + (2 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace

3

MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace

4

MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minutes	100 minutes
moderate pace	20 min mod + 34 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace

5

MON	TUE	
1.5 miles	4 miles	
30 minutes	74 minutes	
moderate pace	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

Scholarships Walking Workout Deal

Minjie Lin



Scholarships Walking Workout Deal:

The Road to Athletic Scholarship Kim McQuilken, 1996-07 As the film *Hoop Dreams* made painfully apparent gifted young men and women in pursuit of college scholarships urgently need help as they select a college or university Student athletes and their parents are all too often bystanders in the recruiting process passive recipients of misleading information rather than aggressive participants in planning a student athlete's future Too often students set unrealistically high goals intent on stardom at national universities and subsequent professional careers thereby sacrificing the opportunity to make the most out of their talents and their education Others feel overwhelmed and powerless when faced with coaches recruiters and bewildering rules and regulations beholden to a process they don't understand In *The Road to Athletic Scholarship* Kim McQuilken a former NFL quarterback who himself rose from humble origins at a small university to spend almost a decade in the ranks of professional football argues that students parents and coaches can and should take a more active role in designing the student athlete's future *The Road to Athletic Scholarship* is the definitive guide for today's student athletes and their parents as they attempt to navigate the treacherous waters of college recruitment Practical hands on filled with engaging anecdotes that instructively recount the actual experiences of student athletes *The Road to Athletic Scholarship* takes readers through the recruitment process step by step McQuilken carefully lays out the intricacies of athletic scholarships and explains the recruiting process in depth highlighting common misconceptions and offering hints for the marketing of student athletes This unique resource provides invaluable information for parents student athletes and high school administrators and coaches alike **Winning a US College Sports Scholarship** Barry McCormack, 2004

Athletic Scholarships For Dummies Pat Britz, Alexandra Powe Allred, 2005-12-13 Get insider tips on navigating the recruitment process Find the right school the right program the right coach and the most money You're prepared for challenges on the athletic field But are you prepared for the challenges of winning an athletic scholarship Let this friendly guide be your coach It explains what kind of scholarships are out there how to promote yourself and deal with recruiters and how to survive possible snags after you've won your scholarship Discover how to Get yourself noticed and recruited Make the most of college visits Negotiate a contract and make a commitment Understand redshirting Know when and how to transfer schools [Research Methodologies for Sports Scholarship](#) James Skinner, Terry Engelberg, 2018-12-07 When investigating the diverse complex and changing contemporary field of sport we recognize there is no methodology that meets the needs of all sport Sport researchers should take advantage of innovative approaches from other fields to explore emerging phenomena or innovatively advance scholarly sport research approaches For example technology globalization and commercialization may be the principal trends but they are not the only trends Sport researchers have the opportunity to study other trends including the modernization of sport organizations changing governance practices regulatory changes innovation merchandising media and broadcasting technologies socio demographic influences i.e. aging populations change in

employment patterns increasing diversity sport for development physical activity and sport participation changes As such this book introduces innovative research methods and approaches can be applied to the sport discipline This book was originally published as a special issue of Sport in Society **Exercise Management** Laurel T. Mackinnon,2003 A complete guide to developing strategies for physical activity programs that meet the needs of every client from healthy athletes to people with physical pathological social or psychological limitations Exercise Management Concepts and Professional Practice provides an interdisciplinary approach to developing prescribing and delivering high quality physical activity programs Explore how to individualise programs to encourage more people to participate in regular physical activity and enjoy the many health benefits This useful reference is designed for both students and practitioners involved in developing and managing physical activity exercise and health related fitness programs Learn how to do the following Overcome the challenges of encouraging people to become and remain active Develop programs consistent with each person s goals and capabilities Promote and maintain successful physical activity programming in diverse settings and situations Develop the professional skills needed to manage exercise facilities and employees This user friendly text includes case studies that clearly illustrate key concepts and terms in practical application scenarios based on real life experiences Plus glossaries at the end of each chapter and at the back of the book keep key terms within easy reach and make referencing during study or lecture quick and easy The study questions and real life activities included are great tools for independent study They ll encourage you to seek further information develop practical skills and observe professional practice with first hand insight You ll also find suggested readings divided between cited references and additional resources that will give you the edge when studying topics in more depth With Exercise Management Concepts and Professional Practice you ll have the knowledge and tools to ensure that the young or old healthy or infirm develop and maintain physically active lifestyles

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The Sports Scholarships Insider's Guide Dion Wheeler, 2005 Presents a comprehensive guide to acquiring an athletic scholarship and provides strategies to receiving financial aid grants or low interest loans based upon athletic ability

Consumers Index to Product Evaluations and Information Sources ,1989 **How to Market Your Student Athlete**
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