



# 30 Day Walking Challenge For Beginners

|          | MON           | TUE                           | WED                           | THUR  | FRI           | SAT                           | SUN           |
|----------|---------------|-------------------------------|-------------------------------|---|---------------|-------------------------------|---------------|
| <b>1</b> | 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 |
| <b>2</b> | 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 |
| <b>3</b> | 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 |
| <b>4</b> | 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 |
| <b>5</b> | 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](http://LoveLifeBeFit.com)

# Walking Workout Update

**Shu Chen Hou**



## **Walking Workout Update:**

Walking For Fitness Nina Barough, 2017-01-16 Keep fit tone up and lose weight with Try It Walking for Fitness Walking is the perfect way to achieve optimum health hassle free for all ages and abilities Power walking expert Nina Barough reveals there is a world of difference between a casual stroll and an energising body sculpting power walk Founder of the annual Moonwalk Nina explains how this low impact form of exercise can be done by anyone anywhere at anytime and her total walking programme will help you achieve health vitality and weight loss Improve your wellbeing as well as your step count with 12 week walking programmes as well as plans for warm up cool down stretches and how to reach your 10 000 steps a day This book was made for walking Previous edition ISBN 9781405366397

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