

# 30 DAY WALKING CHALLENGE

WALK OFF THE POUNDS

+ FREE PRINTABLE



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



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# Easy Walking

**J Rink**



## Easy Walking:

**ACSM's Complete Guide to Fitness & Health, 2E** American College of Sports Medicine, Bushman, Barbara, 2017-01-23  
ACSM's Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective Youth Track & Field On-Track Event Drills, Strategies and Games Free Flow Handbook Bob Swope, **Build Your Running Body** Melissa Breyer, Pete Magill, Thomas Schwartz, 2014-07-29 The best running book ever Bob Anderson founder of Runner's World Whether you're a miler or an ultramarathoner if you want a fit fast and injury resistant running body there's a better way to train than relentlessly pursuing mileage This easy to use workout manual draws on the latest research in running physiology to target all the components that go into every stride including muscles connective tissue cardiovascular fitness energy production the nervous system hormones and the brain With the breakthrough whole body training program in Build Your Running Body runners will improve their times run longer and more comfortably and reduce injury With more than 150 workouts from weightlifting and cross training to resistance exercises and plyometrics fine tuned to individual skill levels and performance goals PLUS 393 photos that make it easy to follow every step of every workout 10 training programs to help runners of all levels integrate the total body plan into their daily routines Interviews with leading runners exercise scientists and coaches learn how elite runners train today Race strategy for the crucial weeks leading up to the competition and through to the finish line Exercises to prevent injury and rehabilitate common running ailments Seasoned insight on barefoot running the pros and cons of stretching and other hot button topics Nutrition guidance on carbs proteins fats and weight loss More than 30 recipes to speed recovery and cement fitness gains Beginners guidelines every step of the way Valuable tips on proper apparel tracking your progress and more **Novels** Frederick Marryat, 1896 **Committee on Veterans' Affairs, House of Representatives** United States. Congress. House. Committee on Veterans' Affairs, 1970 Health, 1989

**Course Catalog** Northeastern University (Boston, Mass.), 1928 **The Artistic Guide to Chicago and the World's Columbian Exposition** Columbian Art Co, 1892 **Annual** Wellington (N.Z.). Chamber of Commerce, 1929 *The Public Health Nurse*, 1925 *Puck*, 1907 *The Upper Engadine* M. Caviezel, 1886 *American Journal of Archaeology and of the History of the Fine Arts*, 1906 **The Living Age**, 1914 *The Atlantic Monthly*, 1902 *Annual Report* Ohio State Board of Agriculture, 1880 **The Talaings** Robert Halliday, 1917 Case Study No. [1-20] Judge Baker Guidance Center, 1922 *Scottish Mountaineering Club Journal* Scottish Mountaineering Club, 1909 Includes section Mountaineering literature **The Saturday Review of Politics, Literature, Science and Art**, 1878

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## **Table of Contents Easy Walking**

1. Understanding the eBook Easy Walking
  - The Rise of Digital Reading Easy Walking
  - Advantages of eBooks Over Traditional Books
2. Identifying Easy Walking
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Easy Walking
  - User-Friendly Interface
4. Exploring eBook Recommendations from Easy Walking
  - Personalized Recommendations
  - Easy Walking User Reviews and Ratings
  - Easy Walking and Bestseller Lists
5. Accessing Easy Walking Free and Paid eBooks

- Easy Walking Public Domain eBooks
  - Easy Walking eBook Subscription Services
  - Easy Walking Budget-Friendly Options
6. Navigating Easy Walking eBook Formats
    - ePub, PDF, MOBI, and More
    - Easy Walking Compatibility with Devices
    - Easy Walking Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Easy Walking
    - Highlighting and Note-Taking Easy Walking
    - Interactive Elements Easy Walking
  8. Staying Engaged with Easy Walking
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Easy Walking
  9. Balancing eBooks and Physical Books Easy Walking
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Easy Walking
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Easy Walking
    - Setting Reading Goals Easy Walking
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Easy Walking
    - Fact-Checking eBook Content of Easy Walking
    - Distinguishing Credible Sources
  13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

### **Easy Walking Introduction**

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