

30 DAY WALKING CHALLENGE

WALK OFF THE POUNDS

+ FREE PRINTABLE



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



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Easy Walking

Ohio State Board of Agriculture



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 *The Speaker's Favorite* Frank H. Fenno, 1893 **The Living Age**, 1914 *The Atlantic Monthly*, 1902 **Annual Report** Ohio State Board of Agriculture, 1880 *The Talings* 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

Whispering the Techniques of Language: An Mental Quest through **Easy Walking**

In a digitally-driven earth where monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and mental nuances hidden within words often go unheard. Yet, nestled within the pages of **Easy Walking** a charming literary treasure pulsing with organic feelings, lies an exceptional quest waiting to be undertaken. Composed by a talented wordsmith, that charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very material of every word. Within the psychological depths with this emotional review, we will embark upon a sincere exploration of the book is primary subjects, dissect its fascinating writing model, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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