



# 30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</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 miles</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 3.7 min fast	<b>2 miles</b> 40 minutes moderate pace
<b>2</b>	<b>1 miles</b> 25 minutes slow pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 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 + 3.7 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>3</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 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 + 3.7 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>4</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>3 miles</b> 54 minutes 20 min mod + 3.4 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 + 3.7 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>5</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 3.4 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 - 1.7 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.

# Walking Workout Weekly Ad Same Day Delivery

**CH Cherryholmes**

## **Walking Workout Weekly Ad Same Day Delivery:**

Improving Productivity and Service in Depot Businesses Colin Woodland,2022-12-23 This book is specifically for working operations managers across the broad range of business types that deploy fleet and product via a myriad of service types It is applicable to businesses with small medium to large fleets in haulage 3PL and any service business operating a depot structure The book is less about theoretical concepts although specific references point to theories including Lean continuous improvement net promoter score and balanced scorecard but is essentially a practical guide applying worked examples and generic templates regarding the core ten activities that are critical to achieving service and profit expectation in any depot route based business deploying fleet Every working manager front line to COO will identify with and grasp that these are fundamental areas and that if improvement can be sustained will deliver better service to customers and enhanced profit in both local and business levels The key areas examined are People management Fleet management Route scheduling Optimisation of non productive on depot time Driver debrief Customer service and complaint management and measurement Key performance indicators The operating rhythm Continuous improvement      **Harpers Weekly** John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1871      **The Keystone** ,1920      **West Virginia Medical Journal** ,1909      **Boot and shoe recorder** ,1922      **New York Magazine** ,1990-03-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      Japan Times. Weekly Edition ,1913      The Churchman ,1880      Japan Weekly Mail ,1906      Editor & Publisher ,1926 Directory of interactive products and services included as section 2 of a regular issue annually 1995      Prairie Farmer ,1922      **New York Magazine** ,1989-03-13 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      **The College Courant** ,1872      **Druggists' Circular** ,1920      Alliance News ,1902      Collier's Once a Week ,1927      **Friends' Weekly Intelligencer** ,1897      **Amusement Business** ,1972-07      **The American Legion Weekly** American Legion,1922      **Industry Week** ,1915

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