



28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1.5 miles	2 miles	2 mile	2 miles	3 miles
25 minutes	35 minutes	30 minutes	45 minutes	40 minutes	37 minutes	60 minutes
slow pace	25 min slow + 10 min moderate	moderate pace	25 min slow + 20 min moderate	moderate pace	20 min moderate + 17 min fast	moderate pace

2

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	2 miles	3 miles	3 miles	2 miles	3 miles	4 miles
20 minutes	37 minutes	60 minutes	51 minutes	40 minutes	57 minutes	80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 17 min fast	moderate pace

3

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	3 miles	4 miles	4 miles	2 miles	4 miles	5 miles
40 minutes	57 minutes	80 minutes	68 minutes	40 minutes	74 minutes	100 minutes
moderate pace	40 min mod + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 34 min fast	moderate pace

4

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	4 miles	5 miles	5 miles	3 miles	5 miles	6 miles
40 minutes	74 minutes	100 minutes	85 minutes	60 minutes	91 minutes	120 minutes
moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 51 min fast	moderate pace

Tips To Follow The 28-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 28-Day Walking Plan (and much more) at LoveLifeBeFit.com

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Lucie Knight-Santos



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The Solitary Protector: Steamy Grumpy-Sunshine, Forced Proximity Romantasy Rebecca Hefner, 2023-05-16 From USA Today bestselling author Rebecca Hefner A woman determined to discover her past Adelyn daughter of Lila and Latimus has never felt quite whole Although she loves her parents immensely the origin of her lavender irises always remained a mystery When she overhears rumors of a secret species of immortal who share the rare trait she s compelled to journey into treacherous territory to find them A man destined to protect her Leo son of Kilani and Alrec prefers solitude rather than the misery and exclusion he experienced in the immortal realm When a gorgeous Slayer shows up at his remote cabin he yearns to protect her even if the stubborn woman drives him mad A perilous journey Incensed by the grumpy Vampyre Adelyn vows to leave him behind But the obstinate man insists on protecting her and each day they forge ahead she wonders if her heart might need the most protection of all Grumpy sunshine forced proximity romance lovers this one s for you For everyone who enjoyed The Dawn of Peace Kilani and Alrec are back as their son experiences his own love story Enjoy and happy reading Content information can be found on the author s website The Etherya s Earth Series also available as audiobooks Prequel The Dawn of Peace 1 The End of Hatred 2 The Elusive Sun 3 The Darkness Within 4 The Reluctant Savior 4 5 Immortal Beginnings 5 The Impassioned Choice 5 5 Two Souls United 6 The Cryptic Prophecy 7 The Diplomatic Heir 7 5 Sebastian s Fate 8 The Diplomatic Heir Search terms fantasy romance grumpy sunshine paranormal romance PNR steamy romance mythology Gods demons alpha hero Etherya s Earth antihero reformed antihero slayer vampire goddess enemies to lovers Perfect for fans of KF Breene Britt Andrews Susanne Valenti Caroline Peckham Tate James Angel Lawson Siobhan Davis Crystal Ash Eva Ashwood Raven Kennedy Kait Ballenger Ruby Dixon Ella Maven Holly Roberds Amanda Aggie Nikki St Crowe J Bree Elizabeth Briggs Eva Chase and Jaymin Eve *Powerless* Lauren Roberts, 2023-07-06 OVER A MILLION COPIES SOLD THE INSTANT NO 1 INTERNATIONAL BESTSELLING PHENOMENON Nothing short of epic Rosie Talbot bestselling author of Sixteen Souls A thrilling fantasy with the most delicious slow burn romance M A Kuzniar bestselling author of Midnight in Everwood A titillating debut Publishers Weekly A masterpiece Goodreads Reader Review Everyone needs to read it TikTok Review The BEST book I ve read NetGalley Reader Review A sizzling slice of fantasy romance Booksellers Review Fourth Wing meets The Hunger Games in this sizzling fantasy romance not to be missed Only the extraordinary belong in the kingdom of Ilya The exceptional The Elites The Elites have possessed powers for decades gifted to them by the Plague while those born Ordinary are just that banished from the kingdom and shunned from society No one knows this better than Paedyn Gray an Ordinary posing as an Elite When she unsuspectingly saves one of Ilya s princes Kai Azer she s thrown into the Purging Trials a brutal competition to showcase her Elite powers If the Trials and the opponents don t kill her the prince she s fighting feelings for will if he discovers what Paedyn really is completely Ordinary Be swept away by the first in the smash hit dagger to the throat romantasy trilogy that s taken the world by storm Also Available

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younger and more radiant Using Walk Off the Weight will be like having Lucy right by your side to help with your training every day And in just 21 days you ll be a new person Fitness Walking for Women Anne Kashiwa,James M. Rippe,1987 Designed for women at every fitness level this illustrated guide provides day to day walking programs for weight loss injury management aerobic conditioning muscle toning and stress reduction The Walking Solution Lee Scott,Michele Stanten,2019-06-24 If you re a fitness professional eager to expand your program offerings a wellness coach who wants to help your patients become more active or a personal trainer trying to attract new clients walking can be your low cost solution Learn the techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability The Walking Solution will help you create innovative programs to engage individuals across the fitness spectrum Introduce a program for inactive individuals to get moving or challenge experienced clients with a new cross training activity In The Walking Solution you will discover the four progressions of walking technique how to increase intensity and how to incorporate strength building exercises to get the most out of every walk Clear instructions and photos show the dynamic and static stretches that help to ensure safety and improve performance Case studies describe unique and successful walking programs that you can customize for your own clients You will also learn the key business strategies that allow you to increase revenue and reach new audiences to expand your clientele You will also get access to customizable business development resources such as waivers and marketing plans Transform lives using the simple and effective strategies in The Walking Solution and help all your clients experience improved mental and physical well being Get your clients and your business moving today Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **Walk Like an Athlete** Jeff Salvage,Gary Westerfield,1996 *Walk Your Butt Off! (Enhanced Edition)* Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The enhanced edition of Prevention s practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone *Walking for Fitness, Pleasure and Health* Helen Vause,2012

Walking for Health Elisa Howard,2015-05-12 This book provides you with useful information on walking as an important form of exercise that helps in reducing weight and improving health conditions You will find information related to walking

workouts and how to introduce walking into daily life This book will provide you with in depth information related to walking and how useful it is in improving health You will also read about the 10 000 step a day activity challenge which is the easiest method available to reduce weight and enhance longevity The useful tips provide the most natural methods available for beginners to introduce walking into their life and continue with it to reap benefits **Walk Your Way to Weight Loss** Lindsey P,2014-08-11 Walk Your Way To Weight Loss 2nd edition The Ultimate Guide On How To Lose Weight Burn Fat Stay Thin With Walking Walking is amazingly one of the easiest cheapest and safest ways for you and everyone else to get up and start exercising Health experts all agree that a 30 minute moderate physical activity on most days in a week is a must and walking is one of the best examples around There have been so many reported health benefits of walking like reducing the risks for certain medical conditions heart disease and high blood pressure reducing depression making us much happier and livelier instead helping us all to sleep better at night which is simply what everyone wants these days and of course WEIGHT LOSS Better yet think of walking as an all in one package program with all the amazing health benefits Nothing could be better than this The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being and walking happens to be the easiest and cheapest way to become physically active Simply grab a good pair of shoes and you are all set to brisk walk by the way brisk walking is highly considered an ideal moderate level physical activity your way to weight loss and staying thin forever Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs Here Is A Preview Of What You ll Learn Understanding the Role of Walking in Losing Weight Six Scientific Facts About Walking Why Walk Your Way to Weight Loss Before Starting Your Walking Program Your Walking Form Walking Your Way Towards Weight Loss Walk This Way Walk That Way More Smart Walking Ideas Using Pedometer in Walking to Shape Up and Slim Down Walking to Lose Weight Success Stories Walking Workout Plans and How it Works Additional Facts About Walking Joining a Walking Club Much much more Download your copy today Walk Off the Weight Lucy Wyndham-Read,2016-04-24 Lose weight tone up and look younger in just three weeks Walk yourself to the fittest and healthiest version of yourself Walk Off the Weight is a full 21 day plan and has all the advice and guidance you need Simply follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever before Lucy Wyndham Read has used this plan with her clients for many years and she has seen amazing results The before and after photos of her clients will show you what you can achieve by following Lucy s walking workout routine Walking is an amazing exercise that anyone can do and the results are incredible weight loss increased fitness and toned legs arms bottom and thighs The book also contains Lucy s Healthy Anti Aging Plan full of delicious meals and snacks that are easy to prepare and help promote collagen in the skin you will look younger and more radiant Using Walk Off the Weight will be like having Lucy right by your side to help with your training every day And in just 21 days you ll be a new person Fitness Walking Les Snowden,Maggie Humphreys,1991 **Fitness**

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