



# 28 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>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 45 minutes 25 min slow + 20 min moderate	<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>2</b>	<b>1 mile</b> 20 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 miles</b> 51 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>3</b>	<b>2 mile</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace	<b>4 miles</b> 68 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>4</b>	<b>2 mile</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace	<b>5 miles</b> 85 minutes fast pace	<b>3 miles</b> 60 minutes moderate pace	<b>5 miles</b> 91 minutes 40 min mod + 51 min fast	<b>6 miles</b> 120 minutes 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](http://LoveLifeBeFit.com)

# Walking Workout Prices Returns

**Daniel F McAuley**

## **Walking Workout Prices Returns:**

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*An Invitation to Fitness and Wellness* Dianne R. Hales, Charlene Zartman, 2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility

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