



LOVELIFEBEFIT

28 Day Walking Challenge For Beginners



| | MON | TUE | WED | THUR | FRI | SAT | SUN |
|----------|--|---|---|---|---|---|--|
| 1 | 1 mile 25 minutes slow pace | 1.5 miles 35 minutes slow pace + 10 min moderate | 1.5 miles 30 minutes moderate pace | 2 miles 45 minutes 25 min slow + 20 min moderate | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace |
| 2 | 1 mile 20 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace | 3 miles 51 minutes fast pace | 2 miles 40 minutes moderate pace | 3 miles 57 minutes 40 min mod + 17 min fast | 4 miles 80 minutes moderate pace |
| 3 | 2 mile 40 minutes moderate pace | 3 miles 57 minutes 40 min mod + 17 min fast | 4 miles 80 minutes moderate pace | 4 miles 68 minutes fast pace | 2 miles 40 minutes moderate pace | 4 miles 74 minutes 40 min mod + 34 min fast | 5 miles 100 minutes moderate pace |
| 4 | 2 mile 40 minutes moderate pace | 4 miles 74 minutes 40 min mod + 34 min fast | 5 miles 100 minutes moderate pace | 5 miles 85 minutes fast pace | 3 miles 60 minutes moderate pace | 5 miles 91 minutes 40 min mod + 51 min fast | 6 miles 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

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RD Boyd

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The Walking in Traffic Safety (WITS) Program for Preschoolers ,1985 **YMCA Walk Reebok Instructor's Manual** ,1996 **Fur News and Outdoor World** ,1928 **Citizens in the Making Through a Program of Pupil Activity** Walter L. Collins,1928 School Program in Physical Education Clark Wilson Hetherington,1922 **A School Building Program for the City of Ashland, Kentucky** George Drayton Strayer,1926 **The Speaker's Complete Program** ,1893 Manual of Physical Training for the Primary and Grammer Grades of the Milwaukee Public Schools ... George Wittich,1914 **Basic Field Manual** United States. War Dept,1929 **The Peerless Reciter, Or, Popular Program** Henry Davenport Northrop,1894 **Program Suggestions for Home Economics Entertainments** Lulu Williams Gillum,1929 The Oxford Index of Therapeutics Victor Edgar Sorapure,1921 **An Elementary School Building Program for Jefferson City, Missouri** Weston William Carpenter,1929 **Readers' Guide to Periodical Literature** Anna Lorraine Guthrie,1904 An author subject index to selected general interest periodicals of reference value in libraries **Recitations for Young Speakers Or Popular Program** Henry Davenport Northrop,1899 A Manual for the High Schools of Wisconsin J.T. Giles,Wisconsin. Department of Public Instruction,1924 The Iowa Program of Physical Education for Boys, Secondary Schools Iowa. Department of Public Instruction,1945 **Colorado School of Mines Magazine** ,1910 The Colorado School of Mines Magazine ,1910 *Journal of Health, Physical Education, Recreation* ,1963

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