



# 28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1 mile</b>	<b>1.5 miles</b>	<b>1.5 miles</b>	<b>2 miles</b>	<b>2 mile</b>	<b>2 miles</b>	<b>3 miles</b>
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
<b>1 mile</b>	<b>2 miles</b>	<b>3 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>4 miles</b>
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
<b>2 mile</b>	<b>3 miles</b>	<b>4 miles</b>	<b>4 miles</b>	<b>2 miles</b>	<b>4 miles</b>	<b>5 miles</b>
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
<b>2 mile</b>	<b>4 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>3 miles</b>	<b>5 miles</b>	<b>6 miles</b>
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](http://LoveLifeBeFit.com)

# Walking Workout Latest Store Hours

**J Dewey**



## **Walking Workout Latest Store Hours:**

**Walk Off Weight** Michele Stanten, 2011-03-01 Walking is America's 1 form of exercise and with good reason It's easy cheap and can be done anywhere Prevention magazine takes fun low impact walking to the next level with a new 8 week program that will help you lose 3 times more weight and keep it off Designed by certified fitness trainer Michele Stanten the program jump starts weight loss with core and lowerbody strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking Women who tried the program for 8 weeks Lost up to 22 pounds and 12 inches Lowered their blood pressure and blood glucose levels Had less back and joint pain Improved their posture balance flexibility and boosted their energy Paired with a delicious well balanced meal plan and easy strength training exercises Walk Off Weight also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury

**Health in the New Millennium** Jeffrey Nevid, Spencer Rathus, Hannah R. Rubenstein, 1998-01-15 A popular one semester quarter course offered at both 2 year and 4 year schools and taught by either the Health Sciences division or the Physical Education department This is a survey of various health related topics such as nutrition exercise sexuality substance abuse disease etc usually with an emphasis on applying the concepts to students own lives

**Medical Times**, 1906 *Business*, 1914 **New York State Journal of Medicine**, 1929 **Bulletin of Pharmacy**, 1914 **The Bulletin of Pharmacy**, 1914 Fitness After 50 Walter H. Ettinger, Brenda S. Mitchell, Steven N. Blair, 1996 A fitness program that incorporates geriatric medicine and exercise into a daily routine for those over 50 Printers' Ink Monthly, 1923 **Nation's Business**, 1929 **The Christian Advocate**, 1903 **The New York Times Magazine**, 1994-04 *Shoe and Leather Journal*, 1914 The Flaming Sword, 1908 *The Sketch*, 1903 **The New International Encyclopaedia** Daniel Coit Gilman, Harry Thurston Peck, Frank Moore Colby, 1906 *New Woman*, 1995 Shoe Retailer and Boots and Shoes Weekly, 1908 Annals of Clinical Research, 1982 **Gunn's Newest Family Physician** John Charles Gunn, 1883

## Unveiling the Magic of Words: A Review of "**Walking Workout Latest Store Hours**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Walking Workout Latest Store Hours**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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### **Walking Workout Latest Store Hours Introduction**

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