



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 25 min slow + 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

Walking Workout Latest Store Hours

J Dewey

Walking Workout Latest Store Hours:

Walk Off Weight Michele Stanton,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 Stanton, 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 into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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