



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 spilt 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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web the cover of sergei eisenstein s book of essays on film theory film form published 1949 image courtesy of the smithsonian institution propaganda as art after dabbling in theatre eisenstein created his first feature length film in 1925 strike quickly followed by the revolutionary propaganda film battleship potemkin which would go on to be his most

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web sep 24 2023 sergei eisenstein russian film director and theorist whose work includes the three classic movies battleship potemkin 1925 alexander nevsky 1939 and ivan the terrible released in two parts 1944 and 1958 in his concept of film montage images are presented for maximum psychological impact

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web battleship potemkin directed by sergei eisenstein with aleksandr antonov vladimir barskiy grigoriy aleksandrov ivan bobrov in the midst of the russian revolution of 1905 the crew of the battleship potemkin mutiny against the brutal tyrannical regime of the vessel s officers

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web sergei eisenstein jump to edit overview born january 22 1898 riga governorate of livonia russian empire now latvia died february 11 1948 moscow russian sfsr ussr now russia heart attack birth name sergei mikhailovich eizenshtein height 5 7 1 70 m mini bio

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web rusya da 1910 lu yıllarda hareketlere çok genç yaşta katılan eisenstein 1920 lerin başında avangard tiyatro ve sanat dünyasıyla temas kurdu ve moskova daki proletkult tiyatrosu na girdi kısa sürede büyük gelişme göstermesiyle birlikte sanat yönetmenliği yönetmenlik yapmaya başladı

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web sergei eisenstein director ivan the terrible part i the son of an affluent architect eisenstein attended the institute of civil engineering in petrograd as a young man with the fall of the tsar in 1917 he worked as an engineer for the red army