



30 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 miles 25 minutes slow pace | 1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10 | 1 mile 20 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 2 miles 40 minutes moderate pace |
| 2 | 1 mile 25 minutes slow pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 1.5 miles 35 minutes 25 min slow + 10 min moderate | 1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace |
| 3 | 1.5 miles 30 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 2 miles 40 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 4 miles 80 minutes moderate pace |
| 4 | 1.5 miles 30 minutes moderate pace | 3 miles 54 minutes 20 min mod + 34 min fast | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8 | 3 miles 60 minutes moderate pace | 2 miles 37 minutes 20 min moderate + 17 min fast | 5 miles 100 minutes moderate pace |
| 5 | 1.5 miles 30 minutes moderate pace | 4 miles 74 minutes 40 min mod + 34 min fast | | | | | |

Tips To Follow The 30-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 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout Cyber Monday Guide

S Marginson



Walking Workout Cyber Monday Guide:

The Rough Guide to China David Leffman, Rough Guides, 2008-05-05 The Rough Guide to China is the definitive guidebook to one of the world's most fascinating and rapidly changing travel destinations The full colour introduction gives an inspiring insight into many of China's highlights from the awesome scenery down the Yangzi River to the incredible Great Buddha at Leshan and the lavish Confucius Temple Read expert background on everything from the treasures of the Forbidden City to the Buddhist art of the Mogao Caves as well as comprehensive information on China's history politics cultures and peoples This fully updated fifth edition includes an extended chapter on Shanghai and new colour inserts throughout allowing you to choose where to go and what to see inspired by over 150 photos Rely on our selection of the best places to stay and eat for every budget with place names accommodation and restaurants invaluable translated into Chinese script Featuring over 140 detailed maps plus vital Chinese characters this indispensable guide takes you from cutting edge clubs in Shanghai to holy mountains in Tibet and from ancient temples to gleaming new skyscrapers Make the most of your time with The Rough Guide to China

2024 Holiday Customer Service Blueprint Jelisaveta Sapardić, 2024-08-20 Did you know that customer service requests can increase by 65% during Black Friday and Cyber Monday compared to a typical day 15 This staggering surge can overwhelm even the most prepared customer support teams as they struggle to manage a flood of repetitive questions keep response times low and maintain high levels of customer satisfaction all at the same time However this surge also presents a critical opportunity to boost revenue and acquire new customers with over 87% of consumers shopping during Black Friday and 61 million people globally purchasing from Shopify powered brands 16 Drawing from our experience supporting over 300 000 businesses worldwide we understand the importance of a seamless customer experience especially for ecommerce companies and SMBs We've developed strategies that help businesses overcome customer service challenges during peak shopping times In this ebook we'll share practical tips and insights from industry experts to help you manage customer demands during these critical periods Learn how to navigate and thrive during the busiest seasons with our proven advice

Footprint Marrakech & the High Atlas Handbook Justin McGuinness, 2001 This guide aims to help the traveler to maximize on time and resources with suggested itineraries and easy to get to sights The author provides extensive coverage of the culture and background of the area as well as full accommodation listings suggestions on where to sample the tastiest Moroccan dishes and helpful travel tips

Federal Probation , 1996

Running Times , 2006-07 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner's worldview

The Guide , 2005-02 **Fiske Guide to Colleges 2008** Edward B. Fiske, 2007-07 For more than 20 years this leading guide to more than 300 colleges and universities has been an indispensable source of information for college bound students and their parents Hip honest and straightforward this guide delivers an insiders look at the academic climate

V!VA Travel

Guides Nicaragua Paula Newton, Rachael Hanley, Andrea Davoust, 2010-05-16 This June 2010 version is the most up to date travel guide to Nicaragua available anywhere With this guide you can Surf hidden breaks uncovered by local surfers Summit active volcanoes zipline over lush rainforest sit and sip at one of the country's many organic coffee farms or hang your hammock in a remote Caribbean village Float through the pristine rain forest that lines the Rio San Juan tracing the Costa Rican border from Lake Nicaragua to the Caribbean Sea Navigate the border crossings with Costa Rica and get around Nicaragua by bus boat and puddle jumper airplane Understand the Nicaraguan people and how you can help them live a better life by traveling responsibly Stay a while volunteering or studying Spanish in Granada Ometepe San Juan del Sur or Leon Why settle for an outdated guidebook The VVA community of on the ground travel writers local experts and travelers like you are continuously updating and improving this guide at vivatravelguides.com Join them and together we'll make the best guidebook to Nicaragua even better

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Walking Workout Cyber Monday Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Walking Workout Cyber Monday Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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