



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 miles 40 minutes moderate pace	3 miles 57 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 miles 40 minutes moderate pace	4 miles 57 minutes 40 min mod + 17 min fast	4 miles 60 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 miles 40 minutes moderate pace	5 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 Guide Warranty

John Abdo

Walking Workout Guide Warranty:

The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007 *Body Confident Fitness Program 2.0* Fitness and HIIT, 12 Week Step by Step Optimised Progressive Fitness Program No Gym Required Minimal Equipment Required Suitable after completing program 1 0 The Complete Fitness Guide for Women Mamta Singh,2013-10-01 An essential fitness guide for any woman who wants an active life and a healthy body Physical fitness as it is understood today is not merely about exercising or healthy eating it must involve both aspects But there is still more to a fit and healthy life than just a focus on food and exercise The Complete Fitness Guide for Women lays the foundation for long term health In this volume Mamta Singh provides you with exercise plans that specifically target cardiovascular training strength and weight training and stretching Whether you are a beginner or someone who is already working out this book will have a program suitable for you these exercise programs can be done at home or at the gym The Complete Fitness Guide for Women empowers you by helping you understand and respect your body and its unique requirements so you can develop a body that is not just slim but healthy and strong as well The power is truly within YOU **Body Confident Fitness**

Program 1.0 & 2.0 BUNDLE Fitness and HIIT, 12 Week Step by Step Optimised Progressive Fitness Program No Gym or Equipment Required Suitable for All Levels Including Beginners FREE Includes 4 Weeks Pre Training Minimal Equipment Required *Body Confident Fitness Program 1.0* Fitness and HIIT, 12 Week Step by Step Optimised Progressive Fitness Program No Gym or Equipment Required Suitable for All Levels Including Beginners FREE Includes 4 Weeks Pre Training Continue your Fitness Journey with Program 2 0 The Nutrition Guarantee Bruce B. Miller,1998 The human body s maintenance and self healing ability is tremendous assuming it is given the proper fuel not an easy feat in this hectic preservative filled world In The Nutrition Guarantee Dr Bruce Miller presents diet guidelines for optimal health information on vitamin and herbal supplements and a comprehensive nutrition program designed to help prevent and or treat disease 50 illustrations

Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit Make Your Body a Fat-Burning Machine John Abdo,2002-09-14 With cyberspace and the hypnotic pull of television screens keeping us seated and motionless for at least five hours a day not to mention our passion for rich greasy sugar laden foods we of the 21st century have evolved into an all you can eat all you can watch society even though survey after survey shows we know better and despite the fact that many of us really and truly want leaner healthier more efficient bodies At 45 years old and with a body fat level of just five percent John Abdo is proof of how simple healthy lifestyle choices can result in a tighter and leaner body Trainer of elite athletes such as gold medal speed skater Bonnie Blair and three time world power lifting champion Craig Tokarski Abdo is the inventor of and spokesman for the fastest selling exercise equipment in America the AB DOer Make Your Body a Fat Burning Machine provides A detailed explanation of how an

intelligently designed eating and exercise program can turbo charge the metabolic process to create an efficient and enduring fat incinerator An easy to understand nonthreatening exercise program that takes just 10 to 15 minutes at a time yet burns more fat than traditional aerobic exercise Nutritional guidelines rather than a rigid diet Self assessment tests to help identify needs and track progress The 30 Day meltdown a quick start exercise and nutrition regimen that enables the loss of up to 25 pounds of fat in the first month Low fat easy to prepare nutritionally balanced recipes A troubleshooting guide for dealing with setbacks adjustments and time management Finally Make Your Body a Fat Burning Machine provides the information and support needed to incorporate this program and ideas into a permanent way of life **Walk Alert:**

National Pedestrian Safety Program: 1989 Program Guide Fred N. Ranck,National Safety Council,1989 Walk It Off!
Mark Fenton,2002 *The Software Catalog* ,1987 **Absolute Beginner's Guide to a Lite and Healthy Lifestyle** Nicole

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American Hotel Register Company Buying Guide American Hotel Register Company,2005 **Indiana Farmer's Guide** ,1921 TV Guide ,1995 **Solaris 2.6 Administrator Certification Training Guide** Bill Calkins,1999 As a study guide each topic in this manual will be covered in enough detail so that the reader is equipped to complete the Part I of the certification exam

Principles & Labs for Fitness and Wellness Werner W. K. Hoeger,Sharon A. Hoeger,1997 This volume contains 17 chapters and exercises that serve as a guide to implement and complete a lifetime fitness and wellness programme Extensive and up to date information is provided on nutrition weight management cardiovascular and cancer risk management exercise and ageing stress management prevention of sexually transmitted diseases and substance abuse **Union Plus** ,1993 **Computer Program Testing** B. Chandrasekaran,Sergio Radicchi,1981

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