



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 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 This Week Sign In

Lingsheng Yao

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the name bar.

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **PERFECT HEALTH - FITNESS & SLIMMING** S.K PRASOON, 2015-09-01 Life is not a mathematical equation of do's and don'ts. Rather it is an intricate adjustment of opposing forces of good health and ailments that represent living a life. The road to good health entails living with moderation in habits and attitudes. Now say goodbye to illness and disease. Power yourself with energy and stamina. Experience perfect health, fitness, and at the same time boost the efficiency of body's immune system and its ability to cleanse itself of toxins. Perfect Health Fitness Slimming deserves a place on every person's bookshelf. The ideas given in this book about fitness, Yoga, cycling, running, swimming, etc. are although not new yet they emphasise points that allow you to eat sensibly, to lose weight and maintain that permanently. The set of 4 Books Perfect Health The Complete Guide for Body Mind is only not meant to just create awareness about the mind and emotions and will teach you how to work your way to fitness and attain true health. This amazing 4 book set is an epitome of health insurance **Conquering the Marathon** Lynn Gray, 2012-11-09 Conquering The Marathon is written for those thousands of individuals now joining the long distance movement of half and whole marathons. Distance walking and or running should no longer be geared only toward those who are already physically fit but also for people who are physically untrained. Conquering The Marathon addresses adults who possess very basic levels of fitness yet want realistic guidance as to how to pursue aerobic fitness such as distance walk to run ratio movement. It is also written for the beginning and seasoned distance runner who strives to reach their physical and aerobic potential. The reader has a year of progressive training schedules with weekly training tips plus detailed muscular and agility exercises specific for long distance movement. The book also contains a detailed nutrition plan for the active person along with 100 various workouts for all levels of aerobic movement. The content found in Conquering The Marathon will influence and motivate the unfit, those getting fit, and those who are fit. *Human Vitality and Efficiency Under Prolonged Restricted Diet* Francis Gano Benedict, Walter Richard Miles, Paul Roth, Henry Monmouth Smith, 1919 *Sound Bodies for Our Boys and Girls* William Blaikie, 1884 The Sports Medicine Fitness Course David C. Nieman, 1986 **Weekly Notes of Cases Argued and Determined in the Supreme Court of Pennsylvania, the County Courts of Philadelphia, and the United States District and Circuit Courts for the Eastern District of Pennsylvania**, 1887 Transactions of the Annual Meeting National Tuberculosis Association, 1919 **La Follette's Weekly Magazine**, 1909 **The Atlantic Medical Weekly**, 1897 **The New York Weekly Digest of Cases Decided in the N.Y. Court of Appeals, and General Terms of the N.Y. Supreme, Common Pleas and Superior Courts**, 1888 *Move The Body, Heal The Mind* Jennifer Heisz, 2022-03-08 A noted neuroscientist reveals groundbreaking research on how fitness and exercise can combat mental health conditions such as anxiety, dementia, ADHD, and depression and offers a plan for improving

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Faith Based Fitness Kenneth Cooper, 1997-11 If you find yourself talking about health and fitness but never achieving your goal take heart you're not alone Research shows that in spite of the fitness craze and constant studies showing the value of exercise and proper nutrition nearly 48 million adults in the United States lead sedentary lives with one third of us overweight Cooper helps you turn your words into action with a comprehensive on target regimen that pinpoints the relationship between spiritual faith and physical health Known as the Father of Aerobics Dr Cooper now reveals the link between spirituality and exercise and nutrition *Our log book, ed. by H.G. Copeland* National refuges for homeless and destitute children, 1895

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