

# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					

## Top Tips for the 30-Day Walking Challenge



- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

# Sat Practice Walking Workout Last 90 Days

**AW Chickering**

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**The Saturday Evening Post** ,1930    **Every Saturday** ,1868    **The American Athlete** ,1893    **5K and 10K Training**

Brian Clarke,2008-11-14 Make your workouts count with the breakthrough system that synchronizes your energy levels with your training effort Instead of fighting your body to finish a workout just because it's written on the calendar choose the most effective workout from 5K and 10K Training based on your body's capacity to perform at any given time Effort based training maximizes training adaptation by matching the goal of each workout with its optimal training level hard when energy is high and recovery is adequate and easy when energy is low and you're under physical stress Effort based training also gives you the most control over the training process allowing you to stay injury free while actually increasing the energy you have available for workouts Sample programs contain a variety of schedules and detailed workouts for developing five race specific abilities Run stronger and faster with more energy by using the proven system in 5K and 10K Training With customizable programs to choose from and accompanying training logs you can use to record and evaluate your progress this unique system is the fastest way to reach your training goals

**The Lancet** ,1909    **The Saturday Review of Politics, Literature, Science and Art** ,1872    **Saturday Review** ,1883    **The Lafayette Weekly** ,1899    **The Law Times** ,1883

**New England Journal of Education** ,1876    **Musical News** ,1916    **Musical News and Herald** ,1916    **The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces** ,1910    **The Chronicle** ,1882    ***The Saturday Review of Politics, Literature, Science, Art, and Finance*** ,1872    **Collier's** ,1905    **The Chicago Alumni Magazine** ,1907    **Collier's Weekly** Norman Hapgood,Nugent Robinson,Robert Joseph Collier,1905

*Interventional strategies for enhancing quality of life and health span in older adults, volume II* Mario Bernardo-Filho,Trentham Furness,Michael George Bemben,Brian C. Clark,Redha Taiar,Borja Sañudo,2022-12-22  
**American Musician** ,1902

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