



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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Alfred Martinet



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A Teacher's Guide to Including Students with Disabilities in Regular Physical Education Martin E. Block,1994 Emphasizing the value of a collaborative team approach this best selling practical reference offers simple and creative strategies for meaningfully including children with disabilities in general physical education programs Educators will find in depth case examples detailed assessment guidelines specific suggestions for environmental and activity modification and a straightforward discussion of the issues and challenges surrounding inclusion This text is essential reading for physical education teachers adapted physical educators special educators teachers in training and parents **Gateway National Recreation Area Program Guide** Gateway National Recreation Area (Agency : U.S.),1993 [The Wife's Guide to Health & Happiness](#) Gordon Stables,1894 *Walk! Get Into Shape the Easy Way* Othniel J. Seiden,1985 [Walk Aerobics](#) Les Snowden,Maggie Humphreys,1996-06 [The Arthritis Foundation's Guide to Good Living with Osteoarthritis](#) Arthritis Foundation,2000 A basic comprehensive guide to understanding treating and living with osteoarthritis an often debilitating disease that affects more than 20 million Americans **Journal of Physical Education, Recreation & Dance** ,1990

[Classroom Connect](#) ,1998 **Physiological Fitness & Weight Control** Brian J. Sharkey,1974 **Training for Race Walking** Frank McGuire,1962 [The Practical guide](#) ,2002 *The Fitness Book* LeRoy Getchell,1987 [Subject Guide to Books in Print](#) ,1991 *Being Fit* Bud Getchell, Wayne Anderson,1982-05-06 Shows how to choose the most effective and enjoyable method of keeping fit Explores all the alternate paths to fitness such as running swimming bicycling walking calisthenics and sports Provides a wealth of guidance on basic exercises with lots of tests and charts to help set up an individualized exercise program Outlines an aerobic point system for precise self assessment of requirements and progress

Your Guide to Getting Fit Ivan Kusinitz,Morton Fine,1995 This is a practical guide to understanding fitness and developing a successful personal fitness program It provides basic physiological information and outlines the fitness process allowing the instructor to serve as advisor while the student creates his or her own tness program

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