



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

Time Out Walking Guide

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Time Out Walking Guide:

Time Out London Walks Editors of Time Out, 2011 Time Out London Walks features 30 walks from London writers each revealing a personal insight into their chosen corner of the capital From ancient woodland to modern skyscrapers motorway underpasses to stately homes most parts of the city are subject to the scrutiny of the writers The end result is a book that can be read with pleasure at home as a collection of writing about London and above all used as a thought provoking guide to a series of walks through the capital Snapshots Margaret Forster lets us in on her regular walk around Hampstead Heath Dan Cruickshank passes an architectural eye over the city Graham Norton takes us to the gay bars and clubs of Soho John Vidal trudges 29 miles along the side of the Thames giving a passionate critique of soulless developments and sensitive regeneration from the Thames Barrier to Hampton court Kate Kellaway makes a nostalgic return to her childhood in Kentish Town and Hampstead Irma Kurtz rediscovers the monied pavements of Knightsbridge and Kensington Yvonne Roberts contrasts the class conscious commons of Clapham and Wandsworth Lucinda Lambton leaps from grave to grave in Kensal Green Cemetery

Time Out Florence Editors of Time Out, 2011-12-27 Florence has the greatest collection of Renaissance art in the world and a character list that reads like a Who's Who of the period's greatest artists and thinkers u Dante Leonardo Michaelangelo u not to mention the powerful families who financed their work the Medici and the Strozzi Evidence of their lasting influence abounds today including the discovery of a Leonardo fresco beneath a painting by Vasari and the unearthing of Michaelangelo's plans for a church facade The city's challenge today is to manage the resultant tourist hordes a new entrance to an enlarged Uffizi should double tourist numbers to the gallery while a tramline is intended to reduce the city's traffic

Time Out Camping Editors of Time Out, 2012-05-08 Time Out applies its expertise to the world of camping with comprehensive reviews of 100 fantastic campsites in England Scotland and Wales Each site is illustrated with beautiful photography and detailed information on facilities provided attractions and activities in the area the best eating and drinking options amusing the kids and the general pros and cons of each site Whether you're after forest hideaways or beachside retreats beautiful or jolly remote or urban with family or just friends Time Out Camping covers it all whatever you're looking for

Time Out Madrid Editors of Time Out, 2011-09-16 Madrid has gone from shanty town to imperial capital in the last seven centuries The local writers of Time Out Madrid assist travelers in seeing the city as a native suggesting where to stay eat shop and experience its cultural offerings Famed for its wild nights and lazy days Madrid provides a whole lot more from spectacular opera productions chirpy folkloric zarzuela and cutting edge cuisine to ancient tiled tabernas designer shoe shopping and numerous flea markets Written by resident journalists Time Out Madrid also covers the artistic jewels housed in the Prado Thyssen and Reina Sofia as well as the etiquette of watching a bullfight or joining in with a flamenco performance as well as where to stay and how to escape the city heat Also included are the intriguing stories behind some of the city's best known paintings where to find gourmet tapas the yoga centers spas and Turkish baths Climbing skiing and

hang gliding are all within reach of the city and suggested trips out of town are also recommended

Time Out Rome Guide, 1996 This 6th edition of the Rome Guide leads you through both the historic and the modern city This guide to Rome has been written and researched by people who live and work in the city It looks at the city's heritage art architecture and museums plus the available entertainments and food Information is given on opening times admission prices and transport It also provides ideas for itineraries both inside and outside the city

Country Walks Near London - Time Out Editors of Time Out, 2011 30 country walks within easy reach of London

Time Out India Time Out Guides Ltd, 2010 Travellers from around the world are drawn to India to seek out its history pulsating cities and colourful countryside The country's stunning kaleidoscope of destinations are at once fascinating and bewildering Time Out's team of writers brings you the most perfect destinations from classic architectural gems to splendid wildlife escapes They uncover the best India has to offer from the Tibetan Buddhist regions of the Himalayan far north to the sleepy backwaters of Kerala in the country's southernmost state Each chapter is accompanied by beautiful images that exhibit India's diversity and culture Time Out India Perfect Places to Stay Eat Explore makes the country's vastness more manageable the choices easier Generously illustrated with colour photography and featuring appendices packed with practical information it's both an inspiration for readers and a useful tool for planning a perfect trip

National Geographic Walking Guide: London 3rd Edition Sara Calian, Brian Robinson, 2020 Presents fifteen step by step itineraries for exploring London plus streamlined tours for seeing the city in a day in a weekend for fun and with children

Time Out Copenhagen The Editors of Time Out, 2014-11-17 Copenhagen is an easy to navigate town for tourists from its many cobbled squares and narrow streets to Stroget the world's largest pedestrian street for shoppers This guide includes dining tips from the most elegant to the most well known frikadeller meatballs and polser hot dogs and a complete overview of the restaurants that change during the day from cafes to hot clubs at night Discover where to shop for edgy Danish fashion and home goods as well as the best flea markets Out of town day trips to Malmo Sweden and the Danish Riviera home of the famed Louisiana Museum of Art are also covered

Time Out Prague Guide, 1995

Time Out New York Editors of Time Out, 2012-07-13 Now in its 20th edition Time Out New York provides the inside track on the Big Apple in an exhaustive guide with illuminating features and hundreds of independent unbiased venue reviews covering everything from iconic skyscrapers to buzzing neighborhoods The guide offers an exhaustive overview of everything the city has to offer in terms of tourist attractions eating and drinking shopping clubs and the sights everything from pizza and bagels to shopping green Comprehensive coverage of the city's incomparable arts and culture scene makes this an invaluable sourcebook for tourists and natives alike An extensive month by month calendar of events is included Escapes and excursions within relatively easy reach for day or overnight trips are also included

Time Out Barcelona, 2000 Keeping pace with one of the Mediterranean's most dynamic cities the Barcelona Guide has been fully revised and updated by insiders of the Catalan capital With detailed information on the city's latest architectural projects history sights

star restaurants budget cafes after hours clubs dancing festivals and shopping and on trips out of town to the hills the cava cellars and beautiful beaches the guide equips any traveler with the means to absorb Barcelona's fascinating culture

Time Out Scotland Editors of Time Out, 2010 Time Out Scotland takes you straight to the most inspiring destinations from spectacular walks to grand gardens and stately homes the best places to stay eat and drink and the most compelling sights villages and landscapes Full of local recommendations *Time Out Venice* Editors Out, 2010-02-01 Venice conjures images of gondolas drifting along misty canals and pigeons feeding visitors dwarfed by the splendor of St Mark's For tourists seeking these typical Venetian icons this magical city will never disappoint But for a more rounded experience the longtime residents and experts who have contributed to Time Out Venice take readers down backstreets and into campi and calli where few tourists tread to hidden churches with hidden artworks to architectural and sculptural gems in concealed courtyards and to districts where the everyday life of Venice goes on in time honored washing festooned market haggling fashion Included is a wealth of practical information on escaping the menu turistico to discover authentic eateries hiring a gondola and coping with acqua alta finding budget digs in a city of haute hotels and traveling beyond the Venetian lagoon to the magnificent cities Padua Verona Vicenza Treviso and countryside of the mainland Veneto region **The Time Out Paris Guide**, 1990 *Time Out Las Vegas* Editors of Time Out, 2012-07-13 Time Out Las Vegas is the only crib sheet travelers need to the world's most outlandish city Whether going for a short or extended visit this guide is an invaluable companion through the neon maze that awaits in Las Vegas With the lowdown on all the hotels and casinos money saving tips extensive restaurant reviews hints on the hottest nightlife and a full guide to gambling it leaves nothing to chance This seventh edition proves that there is more to Sin City than just sequins and slots the dramatic expansion in hotel accommodations fine dining and shopping is attracting tourists from every economic strata not just those with gambling as their sole agenda The guide contains a detailed explanation of what games are available in the casinos as well as tips on how to play them There is also a chapter on suggested side trips to Hoover Dam as well as other sights in Nevada and Arizona

The Greatest Guide to Life Coaching Simone Ryder, 2011 Life Coaching *Vienna Tales* Helen Constantine, 2014-11-13 Situated on the cusp of West and East between the foothills of the Alps and the mighty Blue Danube Vienna has long presented authors with a wealth of material for stories that entertain and intrigue The city's famous quality of life and rich variety of cultural offerings is apparent here at every turn but so too is its darker side whether it be the Viennese obsession with death and decay or the dramatic tragic events of its twentieth century history In stories from the early to mid nineteenth century in particular the city stands for wine women and song for a laid back perhaps somewhat lax outlook on life that is invariably linked to its location as German culture's southernmost centre In more recent tales the theme of the good life and of Vienna's beauty continues but there are very few authors who do not dwell on elements of darkness or melancholy Indeed from the mid twentieth century onward death itself seems to have become literature's preferred guide to the city The

collection concentrates on stories set at the city's margins. The tales are arranged geographically rather than chronologically around and through the city from west to east and back again. We begin and end with Arthur Schnitzler and Joseph Roth, two authors already indelibly associated with Vienna but represented here by little-known gems translated for the first time. Other authors include stars of Vienna's nineteenth-century feuilleton journalism: Heinrich Laube, Ferdinand Kürnberger, Adalbert Stifter, but also the most recent generation of Viennese writers: Doron Rabinovici, Eva Menasse, Dimitr Dinev, with tales as yet unknown in English.

Time Out Film Guide, 2007 **Time Out Hong Kong** Editors of Time Out, 2011-11-08

Often called the most breathtaking city in the world, Hong Kong has something for every traveler. Time Out Hong Kong is the perfect companion for navigating this overwhelming metropolis that expects over 20 million travelers to visit the duty-free port this year. The experts at Time Out help travelers navigate through this shopper's fantasy from the old world markets and bazaars to designer boutiques, including how to buy jade. Time Out food mavens help travelers sort through the offerings of over 9,000 restaurants and the art of yum cha (drinking tea). The guide includes suggested itineraries for visits anywhere between one and five days, as well as side trips to Macau, the buzzing boomtown of Guangzhou, and beaches and museums that are an hour by ferry.

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Time Out Walking Guide** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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