

BEGINNERS GUIDE TO

Running for Weight Loss



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

WEEK 1

Walk

20
MIN

Rest or
nonimpact
cardio

20
MIN

Walk

20
MIN

Rest or
nonimpact
cardio

20
MIN

Walk/Run

4x
(WALK 4 MIN
/ RUN 1 MIN)

Walk or
nonimpact
cardio

20
MIN

Rest



WEEK 2

Walk/Run

5x
(WALK 4 MIN
/ RUN 1 MIN)

Walk or
nonimpact
cardio

25
MIN

Walk/Run

6x
(WALK 3 MIN
/ RUN 1 MIN)

Rest or
nonimpact
cardio

20
MIN

Walk/Run

7x
(WALK 3 MIN
/ RUN 1 MIN)

Walk or
nonimpact
cardio

25
MIN

Rest



WEEK 3

Walk/Run

7x
(WALK 2 MIN
/ RUN 2 MIN)

Walk or
nonimpact
cardio

30
MIN

Walk/Run

9x
(WALK 1 MIN
/ RUN 2 MIN)

Rest or
nonimpact
cardio

25
MIN

Walk/Run

7x
(WALK 3 MIN
/ RUN 1 MIN)

Walk or
nonimpact
cardio

30
MIN

Rest



WEEK 4

Walk/Run

6x
(WALK 1 MIN
/ RUN 4 MIN)

Walk or
nonimpact
cardio

30
MIN

Walk/Run

WALK 5 MIN
RUN 20 MIN
WALK 5 MIN

Walk or
nonimpact
cardio

30
MIN

Run

30
MIN

Walk or
nonimpact
cardio

30
MIN

Rest



Weight Loss Plan Guide Setup

**Heidi Collins Fantasia, Allyssa L.
Harris, Holly B. Fontenot**



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web may 23 2016 2873 the male child w was observed four times over the course of two weeks totaling four hours he was placed in a classroom designated for 2 year olds along with about 12 other children staffed by two full time teachers and a part time teacher the classroom was a very loud and over decorated environment

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web to name just a few examples an educator might use his her observations and analysis to plan an individual intervention with a specific child to make decisions about how best to share observational data with a parent to adjust the furniture in the

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web feb 28 2020 the observation was over and i walked the toddler back to class to play with her friends she ran ahead of me into the room during the observation i always asked if the toddler could do something without me demonstrating with p she could do most of the things with just an audio prop but with l i had to demonstrate every single action i asked

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