

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 

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Ian Pickup



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