

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 Returns

Lauren Gardner



Weight Loss Plan Guide Returns:

Unveiling the Power of Verbal Art: An Psychological Sojourn through **Weight Loss Plan Guide Returns**

In some sort of inundated with monitors and the cacophony of instant connection, the profound energy and emotional resonance of verbal artistry often fade into obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the musical pages of **Weight Loss Plan Guide Returns**, a captivating work of literary beauty that pulses with raw emotions, lies an unique trip waiting to be embarked upon. Composed with a virtuoso wordsmith, that exciting opus guides visitors on a mental odyssey, gently revealing the latent possible and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect their interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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