

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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B Bruchhaus



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web for example if a company has 10 product lines and each line has 3 products then length is 10 3 30 length of the product mix refers to the total number of products in the mix if a company has 5 product lines and 10 products under each product lines the length of the mix will be 50 5 x 10 product mix consistency

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web in simple words the product mix is the amalgamation of all the product lines a firm has under it the deeper and wider a product mix is the more products a company can offer which will ultimately lead to more reach but what exactly is the difference between a product line product mix

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web a product line is a set of products that are similar or complementary for example domino s sells crunchy thin handmade pan brooklyn style and gluten free crust along with its hand tossed pizza crust as a part of a product line a product mix contains all the products that a company sells

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