

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

S Baum



Weight Loss Plan Guide Setup:

Reviewing **Weight Loss Plan Guide Setup**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Weight Loss Plan Guide Setup**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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