

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

Robert J. Reber



Weight Loss Plan Guide Setup:

Enjoying the Tune of Expression: An Psychological Symphony within **Weight Loss Plan Guide Setup**

In some sort of eaten by monitors and the ceaseless chatter of instant connection, the melodic beauty and emotional symphony developed by the prepared term usually diminish into the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. However, located within the pages of **Weight Loss Plan Guide Setup** a charming literary value filled with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this charming masterpiece conducts readers on a mental journey, well unraveling the concealed songs and profound affect resonating within each cautiously crafted phrase. Within the depths with this moving analysis, we can explore the book is central harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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