

BEGINNERS GUIDE TO

# Running for Weight Loss



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

## WEEK 1

Walk <hr/> <b>20</b> MIN	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk <hr/> <b>20</b> MIN	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk/Run <hr/> <b>4x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>20</b> MIN	Rest  
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## WEEK 2

Walk/Run <hr/> <b>5x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>25</b> MIN	Walk/Run <hr/> <b>6x</b> (WALK 3 MIN / RUN 1 MIN)	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk/Run <hr/> <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>25</b> MIN	Rest  
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## WEEK 3

Walk/Run <hr/> <b>7x</b> (WALK 2 MIN / RUN 2 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Walk/Run <hr/> <b>9x</b> (WALK 1 MIN / RUN 2 MIN)	Rest or nonimpact cardio <hr/> <b>25</b> MIN	Walk/Run <hr/> <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Rest  
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## WEEK 4

Walk/Run <hr/> <b>6x</b> (WALK 1 MIN / RUN 4 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Walk/Run <hr/> WALK 5 MIN RUN 20 MIN WALK 5 MIN	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Run <hr/> <b>30</b> MIN	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Rest  
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# Guide Weight Loss

**Roberta Larson Duyff**



## **Guide Weight Loss:**

This book delves into Guide Weight Loss. Guide Weight Loss is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide Weight Loss, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide Weight Loss
- Chapter 2: Essential Elements of Guide Weight Loss
- Chapter 3: Guide Weight Loss in Everyday Life
- Chapter 4: Guide Weight Loss in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Guide Weight Loss. The first chapter will explore what Guide Weight Loss is, why Guide Weight Loss is vital, and how to effectively learn about Guide Weight Loss.
3. In chapter 2, the author will delve into the foundational concepts of Guide Weight Loss. This chapter will elucidate the essential principles that need to be understood to grasp Guide Weight Loss in its entirety.
4. In chapter 3, this book will examine the practical applications of Guide Weight Loss in daily life. This chapter will showcase real-world examples of how Guide Weight Loss can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Guide Weight Loss in specific contexts. The fourth chapter will explore how Guide Weight Loss is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Guide Weight Loss. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Weight Loss.

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