

BEGINNERS GUIDE TO

# Running for Weight Loss



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>WEEK 1</b>						
<p><b>Walk</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Walk</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>4x</b> (WALK 4 MIN / RUN 1 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Rest</b></p> 
<b>WEEK 2</b>						
<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>5x</b> (WALK 4 MIN / RUN 1 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>6x</b> (WALK 3 MIN / RUN 1 MIN)</p>	<p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b> (WALK 3 MIN / RUN 1 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b> MIN</p>	<p><b>Rest</b></p> 
<b>WEEK 3</b>						
<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b> (WALK 2 MIN / RUN 2 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>9x</b> (WALK 1 MIN / RUN 2 MIN)</p>	<p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b> (WALK 3 MIN / RUN 1 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Rest</b></p> 
<b>WEEK 4</b>						
<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>6x</b> (WALK 1 MIN / RUN 4 MIN)</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p>WALK 5 MIN RUN 20 MIN WALK 5 MIN</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b> MIN</p>	<p><b>Rest</b></p> 

# Guide Weight Loss

**Christian G. Meyer**



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