

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



Guide Weight Loss

Julia Schneider



Guide Weight Loss:

Embracing the Track of Term: An Psychological Symphony within **Guide Weight Loss**

In a global used by screens and the ceaseless chatter of fast conversation, the melodic splendor and mental symphony developed by the published term often disappear in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Guide Weight Loss** a marvelous literary value overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this interesting masterpiece conducts readers on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of the poignant examination, we shall discover the book is key harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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