

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/> 20 MIN | Rest or nonimpact cardio <hr/> 20 MIN | Walk <hr/> 20 MIN | Rest or nonimpact cardio <hr/> 20 MIN | Walk/Run <hr/> 4x (WALK 4 MIN / RUN 1 MIN) | Walk or nonimpact cardio <hr/> 20 MIN | Rest  |
|--------------------------------|----------------------------------------------------|--------------------------------|----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------------|

WEEK 2

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

WEEK 3

| | | | | | | |
|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Walk/Run <hr/> 7x (WALK 2 MIN / RUN 2 MIN) | Walk or nonimpact cardio <hr/> 30 MIN | Walk/Run <hr/> 9x (WALK 1 MIN / RUN 2 MIN) | Rest or nonimpact cardio <hr/> 25 MIN | Walk/Run <hr/> 7x (WALK 3 MIN / RUN 1 MIN) | Walk or nonimpact cardio <hr/> 30 MIN | Rest  |
|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------|

WEEK 4

| | | | | | | |
|---------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|-------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Walk/Run <hr/> 6x (WALK 1 MIN / RUN 4 MIN) | Walk or nonimpact cardio <hr/> 30 MIN | Walk/Run <hr/> WALK 5 MIN RUN 20 MIN WALK 5 MIN | Walk or nonimpact cardio <hr/> 30 MIN | Run <hr/> 30 MIN | Walk or nonimpact cardio <hr/> 30 MIN | Rest  |
|---------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|-------------------------------|----------------------------------------------------|---------------------------------------------------------------------------------------------------|

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