

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
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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
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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
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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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Guide Weight Loss

Mark Fenton



Guide Weight Loss:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Guide Weight Loss**

In a global inundated with screens and the cacophony of instantaneous communication, the profound energy and mental resonance of verbal art usually diminish in to obscurity, eclipsed by the continuous assault of sound and distractions. However, nestled within the lyrical pages of **Guide Weight Loss**, a fascinating function of fictional splendor that impulses with fresh emotions, lies an unforgettable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, that mesmerizing opus books readers on a psychological odyssey, lightly exposing the latent possible and profound impact stuck within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its interesting writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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