

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

Lois H. Bodinski



Guide Weight Loss:

Whispering the Strategies of Language: An Emotional Journey through **Guide Weight Loss**

In a digitally-driven world where displays reign supreme and immediate interaction drowns out the subtleties of language, the profound strategies and mental nuances concealed within words often move unheard. However, set within the pages of **Guide Weight Loss** a charming literary prize pulsing with organic thoughts, lies a fantastic journey waiting to be undertaken. Composed by a talented wordsmith, that marvelous opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the cloth of each word. Within the mental depths of the moving review, we shall embark upon a honest exploration of the book is core themes, dissect their captivating writing style, and succumb to the powerful resonance it evokes serious within the recesses of readers hearts.

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