

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
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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
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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
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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
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Weight Loss Plan Ncaa Football Guide

Daniel F McAuley

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