

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

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David Kirk



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 - Chapter 1: Introduction to Weight Loss Plan Guide Returns
 - Chapter 2: Essential Elements of Weight Loss Plan Guide Returns
 - Chapter 3: Weight Loss Plan Guide Returns in Everyday Life
 - Chapter 4: Weight Loss Plan Guide Returns in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Weight Loss Plan Guide Returns. This chapter will explore what Weight Loss Plan Guide Returns is, why Weight Loss Plan Guide Returns is vital, and how to effectively learn about Weight Loss Plan Guide Returns.
 3. In chapter 2, this book will delve into the foundational concepts of Weight Loss Plan Guide Returns. This chapter will elucidate the essential principles that must be understood to grasp Weight Loss Plan Guide Returns in its entirety.
 4. In chapter 3, the author will examine the practical applications of Weight Loss Plan Guide Returns in daily life. The third chapter will showcase real-world examples of how Weight Loss Plan Guide Returns can be effectively utilized in everyday scenarios.
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 6. In chapter 5, the author will draw a conclusion about Weight Loss Plan Guide Returns. This chapter will summarize the key points that have been discussed throughout the book.
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