

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



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



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



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



Weight Loss Plan Ncaa Football Guide

**American College of Sports
Medicine, Jeffrey L. Roitman**



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