

## BEGINNERS GUIDE TO

# Running for Weight Loss



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
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## WEEK 1

Walk <b>20</b> MIN	Rest or nonimpact cardio <b>20</b> MIN	Walk <b>20</b> MIN	Rest or nonimpact cardio <b>20</b> MIN	Walk/Run <b>4x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <b>20</b> MIN	Rest 
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## WEEK 2

Walk/Run <b>5x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <b>25</b> MIN	Walk/Run <b>6x</b> (WALK 3 MIN / RUN 1 MIN)	Rest or nonimpact cardio <b>20</b> MIN	Walk/Run <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <b>25</b> MIN	Rest 
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## WEEK 3

Walk/Run <b>7x</b> (WALK 2 MIN / RUN 2 MIN)	Walk or nonimpact cardio <b>30</b> MIN	Walk/Run <b>9x</b> (WALK 1 MIN / RUN 2 MIN)	Rest or nonimpact cardio <b>25</b> MIN	Walk/Run <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <b>30</b> MIN	Rest 
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## WEEK 4

Walk/Run <b>6x</b> (WALK 1 MIN / RUN 4 MIN)	Walk or nonimpact cardio <b>30</b> MIN	Walk/Run WALK 5 MIN RUN 20 MIN WALK 5 MIN	Walk or nonimpact cardio <b>30</b> MIN	Run <b>30</b> MIN	Walk or nonimpact cardio <b>30</b> MIN	Rest 
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# Weight Loss Plan Ncaa Football Guide

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

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