

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

**Charles T. Mangrum,Stephen S.
Strichart**

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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription American College of Sports Medicine, Jeffrey L. Roitman, 2001 This complementary book to ACSM's Guidelines for Exercise Testing and Prescription elaborates on the Knowledge Skills and Abilities KSAs you need to study for any of the American College of Sports Medicine certification exams It also serves as a valuable professional resource behind the Guidelines New content includes updated research throughout and a reorganization of the KSAs to correspond with the sixth edition of ACSM's Guidelines Significantly revised chapters include Epidemiology of Physical Activity Physical Fitness and Selected Chronic Diseases Diet and Chronic Disease Medical and Invasive Interventions in the Management of Coronary Artery Disease Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease Smoking Cessation Policies and Procedures for Clinical Programs Both the clinical and health fitness tracks are covered in an attractive design that highlights the KSAs for each level of certification The book features both theoretical and practical physiological concepts and relates the examples to exercise testing training and programming thus providing a complete perspective on clinical exercise physiology and fitness A Brandon Hill recommended title

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