

BEGINNERS GUIDE TO

Running for Weight Loss



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

WEEK 1

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

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

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

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

**Louis Flancbaum, Louis J.
Flancbaum, Erica Manfred, Deborah
Flancbaum, Deborah Biskin**

Guide Weight Loss:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Guide Weight Loss**

In a world inundated with displays and the cacophony of immediate interaction, the profound power and psychological resonance of verbal artistry frequently fade into obscurity, eclipsed by the continuous assault of noise and distractions. Yet, located within the musical pages of **Guide Weight Loss**, a captivating work of fictional brilliance that impulses with natural feelings, lies an wonderful trip waiting to be embarked upon. Composed by a virtuoso wordsmith, that exciting opus manuals viewers on an emotional odyssey, lightly exposing the latent possible and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of the evocative examination, we shall embark upon an introspective exploration of the book is central themes, dissect its fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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