

BEGINNERS GUIDE TO

# Running for Weight Loss



| DAY 1   | DAY 2  | DAY 3   | DAY 4  | DAY 5   | DAY 6  | DAY 7  |
|---|--|---|--|---|--|--|
| <b>WEEK 1</b>   |  |   |  |   |  |  |
| <p><b>Walk</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p>                          | <p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p> | <p><b>Walk</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p>                            | <p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>4x</b><br/>(WALK 4 MIN / RUN 1 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p> | <p><b>Rest</b></p>    |
| <b>WEEK 2</b>   |  |   |  |   |  |  |
| <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>5x</b><br/>(WALK 4 MIN / RUN 1 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>6x</b><br/>(WALK 3 MIN / RUN 1 MIN)</p>   | <p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>20</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b><br/>(WALK 3 MIN / RUN 1 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b><br/>MIN</p> | <p><b>Rest</b></p>    |
| <b>WEEK 3</b>   |  |   |  |   |  |  |
| <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b><br/>(WALK 2 MIN / RUN 2 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>9x</b><br/>(WALK 1 MIN / RUN 2 MIN)</p>   | <p><b>Rest or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>25</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>7x</b><br/>(WALK 3 MIN / RUN 1 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p> | <p><b>Rest</b></p>  |
| <b>WEEK 4</b>   |  |   |  |   |  |  |
| <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>6x</b><br/>(WALK 1 MIN / RUN 4 MIN)</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p> | <p><b>Walk/Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p>WALK 5 MIN<br/>RUN 20 MIN<br/>WALK 5 MIN</p> | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p> | <p><b>Run</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p>                           | <p><b>Walk or nonimpact cardio</b></p> <hr style="width: 20px; margin: 0 auto;"/> <p><b>30</b><br/>MIN</p> | <p><b>Rest</b></p>  |

# Guide Weight Loss

**Roberta Larson Duyff**



## **Guide Weight Loss:**

The book delves into Guide Weight Loss. Guide Weight Loss is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide Weight Loss, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide Weight Loss
- Chapter 2: Essential Elements of Guide Weight Loss
- Chapter 3: Guide Weight Loss in Everyday Life
- Chapter 4: Guide Weight Loss in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Guide Weight Loss. This chapter will explore what Guide Weight Loss is, why Guide Weight Loss is vital, and how to effectively learn about Guide Weight Loss.
3. In chapter 2, the author will delve into the foundational concepts of Guide Weight Loss. This chapter will elucidate the essential principles that need to be understood to grasp Guide Weight Loss in its entirety.
4. In chapter 3, the author will examine the practical applications of Guide Weight Loss in daily life. The third chapter will showcase real-world examples of how Guide Weight Loss can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Guide Weight Loss in specific contexts. This chapter will explore how Guide Weight Loss is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Guide Weight Loss. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Weight Loss.

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