

BEGINNERS GUIDE TO

# Running for Weight Loss



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

## WEEK 1

|                                |  |                                |  |   |  |              |
|--------------------------------|--|--------------------------------|--|---|--|--------------|
| Walk<br><hr/> <b>20</b><br>MIN | Rest or nonimpact cardio<br><hr/> <b>20</b><br>MIN | Walk<br><hr/> <b>20</b><br>MIN | Rest or nonimpact cardio<br><hr/> <b>20</b><br>MIN | Walk/Run<br><hr/> <b>4x</b><br>(WALK 4 MIN / RUN 1 MIN) | Walk or nonimpact cardio<br><hr/> <b>20</b><br>MIN | Rest<br><br> |
|--------------------------------|--|--------------------------------|--|---|--|--------------|

## WEEK 2

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

## WEEK 3

|   |  |   |  |   |  |              |
|---|--|---|--|---|--|--------------|
| Walk/Run<br><hr/> <b>7x</b><br>(WALK 2 MIN / RUN 2 MIN) | Walk or nonimpact cardio<br><hr/> <b>30</b><br>MIN | Walk/Run<br><hr/> <b>9x</b><br>(WALK 1 MIN / RUN 2 MIN) | Rest or nonimpact cardio<br><hr/> <b>25</b><br>MIN | Walk/Run<br><hr/> <b>7x</b><br>(WALK 3 MIN / RUN 1 MIN) | Walk or nonimpact cardio<br><hr/> <b>30</b><br>MIN | Rest<br><br> |
|---|--|---|--|---|--|--------------|

## WEEK 4

|   |  |  |  |                               |  |              |
|---|--|--|--|-------------------------------|--|--------------|
| Walk/Run<br><hr/> <b>6x</b><br>(WALK 1 MIN / RUN 4 MIN) | Walk or nonimpact cardio<br><hr/> <b>30</b><br>MIN | Walk/Run<br><hr/> WALK 5 MIN<br>RUN 20 MIN<br>WALK 5 MIN | Walk or nonimpact cardio<br><hr/> <b>30</b><br>MIN | Run<br><hr/> <b>30</b><br>MIN | Walk or nonimpact cardio<br><hr/> <b>30</b><br>MIN | Rest<br><br> |
|---|--|--|--|-------------------------------|--|--------------|

# Guide Weight Loss

**Dr. W. Ness**



## **Guide Weight Loss:**

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