

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

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Dr. W. Ness



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