

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



## 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



## 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



## 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



# Guide Weight Loss

**Michal Rosen-Zvi**



## **Guide Weight Loss:**

Eventually, you will extremely discover a supplementary experience and talent by spending more cash. still when? realize you put up with that you require to get those all needs later than having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more going on for the globe, experience, some places, in the same way as history, amusement, and a lot more?

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