

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  |
|--------------------------------|--|--------------------------------|--|---|--|---|

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  |
|---|--|---|--|---|--|---|

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  |
|---|--|---|--|---|--|---|

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  |
|---|--|--|--|-------------------------------|--|---|

Guide Weight Loss

R Sandford



Guide Weight Loss:

Whispering the Strategies of Language: An Psychological Quest through **Guide Weight Loss**

In a digitally-driven world where screens reign supreme and instant transmission drowns out the subtleties of language, the profound strategies and mental subtleties hidden within phrases frequently get unheard. Yet, nestled within the pages of **Guide Weight Loss** a fascinating fictional prize pulsing with natural feelings, lies a fantastic journey waiting to be undertaken. Written by a skilled wordsmith, that marvelous opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the fabric of each word. Within the psychological depths with this touching evaluation, we can embark upon a sincere exploration of the book is key themes, dissect their interesting publishing type, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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