

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

# Guide Weight Loss

**R Sandford**



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