

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

Xiaolong Qi



Guide Weight Loss:

This book delves into Guide Weight Loss. Guide Weight Loss is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide Weight Loss, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide Weight Loss
- Chapter 2: Essential Elements of Guide Weight Loss
- Chapter 3: Guide Weight Loss in Everyday Life
- Chapter 4: Guide Weight Loss in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Guide Weight Loss. The first chapter will explore what Guide Weight Loss is, why Guide Weight Loss is vital, and how to effectively learn about Guide Weight Loss.
3. In chapter 2, the author will delve into the foundational concepts of Guide Weight Loss. The second chapter will elucidate the essential principles that must be understood to grasp Guide Weight Loss in its entirety.
4. In chapter 3, the author will examine the practical applications of Guide Weight Loss in daily life. This chapter will showcase real-world examples of how Guide Weight Loss can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Guide Weight Loss in specific contexts. The fourth chapter will explore how Guide Weight Loss is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Guide Weight Loss. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Weight Loss.

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Guide Weight Loss Introduction

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