

BEGINNERS GUIDE TO

Running for Weight Loss



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

WEEK 1

<p>Walk</p> <hr/> <p>20 MIN</p>	<p>Rest or nonimpact cardio</p> <hr/> <p>20 MIN</p>	<p>Walk</p> <hr/> <p>20 MIN</p>	<p>Rest or nonimpact cardio</p> <hr/> <p>20 MIN</p>	<p>Walk/Run</p> <hr/> <p>4x (WALK 4 MIN / RUN 1 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>20 MIN</p>	<p>Rest</p> 
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WEEK 2

<p>Walk/Run</p> <hr/> <p>5x (WALK 4 MIN / RUN 1 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>25 MIN</p>	<p>Walk/Run</p> <hr/> <p>6x (WALK 3 MIN / RUN 1 MIN)</p>	<p>Rest or nonimpact cardio</p> <hr/> <p>20 MIN</p>	<p>Walk/Run</p> <hr/> <p>7x (WALK 3 MIN / RUN 1 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>25 MIN</p>	<p>Rest</p> 
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WEEK 3

<p>Walk/Run</p> <hr/> <p>7x (WALK 2 MIN / RUN 2 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>30 MIN</p>	<p>Walk/Run</p> <hr/> <p>9x (WALK 1 MIN / RUN 2 MIN)</p>	<p>Rest or nonimpact cardio</p> <hr/> <p>25 MIN</p>	<p>Walk/Run</p> <hr/> <p>7x (WALK 3 MIN / RUN 1 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>30 MIN</p>	<p>Rest</p> 
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WEEK 4

<p>Walk/Run</p> <hr/> <p>6x (WALK 1 MIN / RUN 4 MIN)</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>30 MIN</p>	<p>Walk/Run</p> <hr/> <p>WALK 5 MIN RUN 20 MIN WALK 5 MIN</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>30 MIN</p>	<p>Run</p> <hr/> <p>30 MIN</p>	<p>Walk or nonimpact cardio</p> <hr/> <p>30 MIN</p>	<p>Rest</p> 
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Guide Weight Loss

Terry C. Jones



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