

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
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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
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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
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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
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Weight Loss Plan Guide Returns

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Weight Loss Plan Guide Returns:

Enjoying the Beat of Phrase: An Mental Symphony within **Weight Loss Plan Guide Returns**

In a world eaten by screens and the ceaseless chatter of fast connection, the melodic splendor and mental symphony created by the published word frequently fade in to the background, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, situated within the pages of **Weight Loss Plan Guide Returns** a charming fictional value overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts readers on a psychological trip, well unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of this poignant examination, we shall examine the book is key harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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