

# RUNNING FOR WEIGHT LOSS FOR BEGINNERS

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## WEEK 1

**MON**

Walk for 20 minutes

**WED**

Walk for 30 minutes

**FRI**

Walk for 40 minutes

## WEEK 2

Run for 1 min  
Walk for 2 min  
Repeat 10 times

Run for 1 min  
Walk for 2 min  
Repeat 10 times

Run for 1 min  
Walk for 2 min  
Repeat 10 times

## WEEK 3

Run for 2 min  
Walk for 1 min  
Repeat 10 times

Run for 3 min  
Walk for 1 min  
Repeat 7 times

Run for 4 min  
Walk for 1 min  
Repeat 6 times

## WEEK 4

Run for 5 min  
Walk for 1 min  
Repeat 5 times

Run for 5 min  
Walk for 1 min  
Repeat 5 times

Run for 6 min  
Walk for 1 min  
Repeat 4 times

## WEEK 5

Run for 8 min  
Walk for 1 min  
Repeat 3 times

Run for 9 min  
Walk for 1 min  
Repeat 2 times

Run for 10 min  
Walk for 1 min  
Repeat 2 times

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