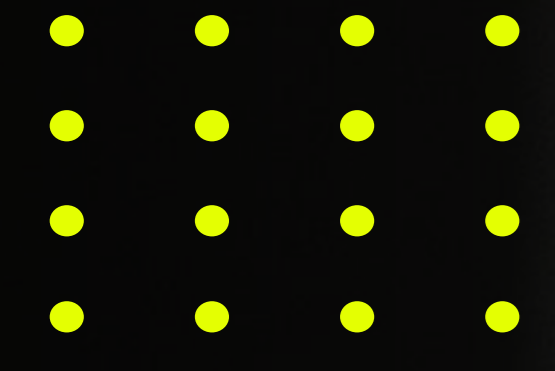


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5-WEEK

WEIGHT LOSS PLAN

RUNNING

No equipment



PLAN INTRODUCTION

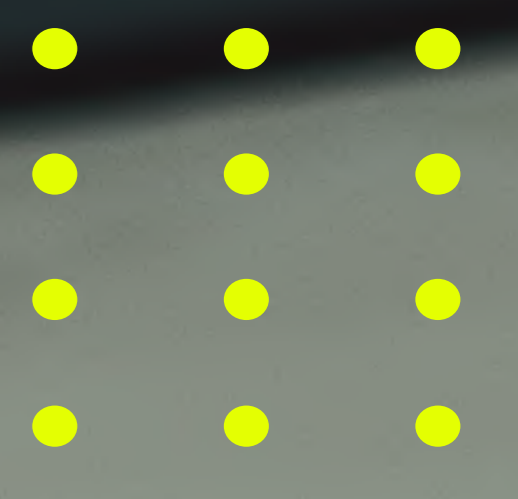
Running is a great way to lose weight. Understanding the most effective ways to run for weight loss before you start helps you avoid common mistakes — and get you the results you want. This workout is a pyramid workout that combines running and walking and is a form of interval training. Remember to warm up and pick dynamic stretches in your warm-up that target your glutes as you'll be working those a lot during the workout.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.

RUNNING FOR WEIGHT LOSS

	Monday	Wednesday	Friday
Week 1	Walk for 20 minutes	Walk for 30 minutes	Walk for 40 minutes
Week 2	Run for 1 minute Walk for 2 minutes Repeat 10 times	Run for 1 minute Walk for 2 minutes Repeat 10 times	Run for 1 minute Walk for 2 minutes Repeat 10 times
Week 3	Run for 2 minutes Walk for 1 minute Repeat 10 times	Run for 3 minutes Walk for 1 minute Repeat 7 times	Run for 4 minutes Walk for 1 minute Repeat 6 times
Week 4	Run for 5 minutes Walk for 1 minute Repeat 5 times	Run for 5 minutes Walk for 1 minute Repeat 5 times	Run for 6 minutes Walk for 1 minute Repeat 4 times
Week 5	Run for 8 minutes Walk for 1 minute Repeat 3 times	Run for 9 minutes Walk for 1 minute Repeat 2 times	Run for 10 minutes Walk for 1 minute Repeat 2 times



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