

LOOVA **FIT**

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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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