

Running Workout Plan to Lose Weight

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Walk 3 mins. then Jog/Run 1 min; Repeat for 30 mins.	Off	Walk 2 mins. then Jog/Run 1 min; Repeat for 40 mins.	Off	Run 2 mins. then Walk 2 min; Repeat for 45 mins.	Off	Run 3 mins. then Walk 2 min; Repeat for 45 mins.
2	Off	Run .25 of mile. then Walk 1/8 mile; Repeat for 45 mins.	Run .25 of mile. then Walk 1/8 mile; Repeat for 45 mins.	Run .35 of mile. then Walk 1/8 mile; Repeat for 45 mins.	Off	Run .40 of mile. then Walk 1/8 mile; Repeat for 45 mins	
3	Off	Run .50 of mile. then Walk 1/8 mile; Repeat for 2 miles	Run .60 of mile. then Walk 1/8 mile; Repeat for 2 miles	Run .60 of mile. then Walk 1/8 mile; Repeat for 2 miles	Off	Run .75 of mile. then Walk 1/8 mile; Repeat for 2 miles	
4	Off	Run .80 of mile. then Walk .10 mile; Repeat for 2 miles	Run .85 of mile. then Walk .10 mile; Repeat for 2 miles	Run .90 of mile. then Walk .10 mile; Repeat for 2 miles	Off	Run 1 mile straight; then alternate between walking .25 and walking .25 for 2 miles.	Run 1 mile straight; then alternate between walking .25 and walking .25 for 2 miles

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