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Running For Weight Loss

Running for weight loss is one of the most effective forms of exercise you can perform. The basic idea is simple: Running is good for you, it dramatically increases your heart rate which in turn increase the rate at which you burn calories so it helps you lose weight. But few people are physically fit enough to go out and start running for 30 minutes per day. If this is you then it is recommended that you start off slowly and gradually increase the amount of time running. Using the following plan can help you implement a regular routine of running for weight loss into your lifestyle.

To start with, create a schedule that incorporates both walking and running that you are comfortable with. It's great to develop this as a regular part of your routine. Even after you have reached your weight loss goal you can use this to help maintain a healthy weight. Over a period of weeks you can gradually increase the amount of time spent running as your fitness increases. It will be much more fun if you can have a running companion, this could be a friend, family member or even the family dog (who would probably love the run). Here is an example of a program for walking and running for weight loss -

First Week: Walk / Run in intervals three times per week, e.g. Mon, Wed and Fri for 15 minutes each time.

Trip 1 - Walk for an interval of 1 minute then run for 30 seconds. Repeat 10 times.

Trip 2 - Walk for an interval of 1 minute then run for 30 seconds. Repeat 10 times.

Trip 3 - Walk for an interval of 1 minute then run for 30 seconds. Repeat 10 times.

Second Week: Walk / Run in intervals four times per week, e.g. Mon, Wed, Fri and Sun for 20 minutes each time.

Mon - Walk for an interval of 2 minutes then run for 1 minute. Repeat seven times.

Wed - Walk for an interval of 3 minutes then run for 2 minute. Repeat four times.

Fri - Walk for an interval of 2 minutes then run for 1 minute. Repeat seven times.

Sun - Walk for an interval of 3 minutes then run for 2 minute. Repeat four times.

Third Week: Walk / Run in intervals four times per week, e.g. Mon, Wed, Fri and Sun for 25 minutes each time.

Mon - Walk for an interval of 5 minutes then run for 3 minutes. Repeat three times.

Wed - Walk for an interval of 8 minutes then run for 4 minutes. Repeat twice.

Fri - Walk for an interval of 5 minutes then run for 3 minutes. Repeat three times.

Sun - Walk for an interval of 8 minutes then run for 4 minutes. Repeat twice.

After two or three months your schedule could look something like the one below. Of course, by this stage, running for weight loss has become habitual.

By month three: Walk / Run in intervals four times per week, e.g. Mon, Wed, Fri and Sun for 30-45 minutes each time.

Mon - Walk for an interval of 12 minutes then run for 12 minutes. Repeat twice.

Wed - Walk for an interval of 12 minutes then run for 12 minutes. Repeat twice.

Fri - Walk for an interval of 12 minutes then run for 12 minutes. Repeat twice.

Sun - Walk for an interval of 12 minutes then run for 12 minutes. Repeat twice.

By this time, you are running or jogging quite a lot. Your physical fitness has improved dramatically and you've probably lost a significant amount of weight. Following this schedule can result in running a surprising number of miles over the course of a week. It takes approximately 15 minutes to walk one mile, running reduces that to 10-12 minutes or less. So over one week you will be walking or running for approximately 16 miles and losing pounds in the process as you get into better shape! So you can see how powerful running for weight loss really is.

You can also find this article published on [Running For Weight Loss](#)