



 **HIITRAZE**

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

Week 1

Monday

Walk for 20 minutes

Wednesday

Walk for 30 minutes

Friday

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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