

A close-up photograph of a person's lower legs and feet as they tie their shoelaces. They are wearing light blue and red running shoes with white socks. The person is crouching on a dark, textured rock surface. The background is a soft-focus outdoor scene with greenery and a warm, golden light, suggesting a sunrise or sunset. The right side of the image features a semi-transparent red overlay containing white text.

8-WEEK RUNNING TO LOOSE WEIGHT PROGRAM

8 WEEK

RUNNING FOR WEIGHT LOSS

TRAINING PLAN

Li = low intensity
Hi = high intensity

Example using week 1
5x(2:00Hi / 2:00Li)
Run for 2 minutes at high intensity followed by 2 minutes at low intensity. Repeat this pattern 5 times.

Example
Hill Interval Run
Run the high intensity (**Hi**) part uphill and the low intensity (**Li**) part downhill and/or on a flat surface.

Example using week 1
Long Interval Run
Run for 5 to 10 minutes at low intensity. Run 2 minutes at high intensity followed by 2 minutes at low intensity; repeat 4 times. Run for 5 to 10 minutes at low intensity.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
01	Short Interval Run 5:00 - 10:00Li 6x(0:30Hi / 1:30Li) 5:00 - 10:00Li	Strength Workout	Long Interval Run 5:00 - 10:00Li 4x(2:00Hi / 2:00Li) 5:00 - 10:00Li	Strength Workout	Hill Interval Run 5:00 - 10:00Li 5x(1:00Hi / 2:00Li) Uphill 5:00 - 10:00Li	Rest	Steady Walk/Run 30:00 - 40:00Li
02	Strength Workout	Short Interval Run 5:00 - 10:00Li 7x(0:30Hi / 1:30Li) 5:00 - 10:00Li	Strength Workout	Long Interval Run 5:00 - 10:00Li 5x(2:00Hi / 2:00Li) 5:00 - 10:00Li	Rest	Hill Interval Run 5:00 - 10:00Li 5x(1:00Hi / 2:00Li) Uphill 5:00 - 10:00Li	Strength Workout
03	Steady Walk/Run 35:00 - 45:00Li	Strength Workout	Short Interval Run 5:00 - 10:00Li 6x(0:30Hi / 1:30Li) 5:00 - 10:00Li	Rest	Long Interval Run 5:00 - 10:00Li 6x(0:30Hi / 1:30Li) 5:00 - 10:00Li	Strength Workout	Hill Interval Run 5:00 - 10:00Li 5x(1:20Hi / 2:40Li) Uphill 5:00 - 10:00Li
04	Strength Workout	Steady Walk/Run 30:00 - 40:00Li	Rest	Short Interval Run 5:00 - 10:00Li 6x(0:30Hi / 1:30Li) 5:00 - 10:00Li	Strength Workout	Long Interval Run 5:00 - 10:00Li 4x(2:00Hi / 2:00Li) 5:00 - 10:00Li	Strength Workout

8 WEEK

RUNNING FOR WEIGHT LOSS

TRAINING PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
05	Hill Interval Run 5:00 - 10:00 Li 5x(1:30 Hi / 3:00 Li) Uphill 5:00 - 10:00 Li	Rest	Short Interval Run 5:00 - 10:00 Li 6x(0:45 Hi / 1:30 Li) 5:00 - 10:00 Li	Strength Workout	Long Interval Run 5:00 - 10:00 Li 4x(3:00 Hi / 2:00 Li) 5:00 - 10:00 Li	Strength Workout	Steady Walk/Run 40:00 - 50:00 Li
06	Rest	Short Interval Run 5:00 - 10:00 Li 7x(0:45 Hi / 1:30 Li) 5:00 - 10:00 Li	Strength Workout	Long Interval Run 5:00 - 10:00 Li 5x(3:00 Hi / 2:00 Li) 5:00 - 10:00 Li	Strength Workout	Hill Interval Run 5:00 - 10:00 Li 5x(1:40 Hi / 3:20 Li) Uphill 5:00 - 10:00 Li	Rest
07	Steady Walk/Run 45:00 - 55:00 Li	Strength Workout	Short Interval Run 5:00 - 10:00 Li 8x(0:45 Hi / 1:30 Li) 5:00 - 10:00 Li	Strength Workout	Long Interval Run 5:00 - 10:00 Li 6x(0:30 Hi / 2:00 Li) 5:00 - 10:00 Li	Rest	Hill Interval Run 5:00 - 10:00 Li 5x(1:50 Hi / 2:40 Li) Uphill 5:00 - 10:00 Li
08	Strength Workout	Steady Walk/Run 35:00 - 45:00 Li	Strength Workout	Short Interval Run 5:00 - 10:00 Li 6x(0:45 Hi / 1:30 Li) 5:00 - 10:00 Li	Rest	Long Interval Run 5:00 - 10:00 Li 4x(3:00 Hi / 2:00 Li) 5:00 - 10:00 Li	Strength Workout

Li = low intensity
Hi = high intensity