

How to start running

8 WEEK PRINTABLE PROGRAM

Week 1

Walk 12 min	Run 2 min	Walk 10 min
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Week 2

Walk 6 min	Run 2 min	Walk 6 min	Run 2 min	Walk 6 min
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Week 3

Walk 6 min	Run 3 min	Walk 5 min	Run 3 min	Walk 6 min
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Week 4

Walk 6 min	Run 4.5 min	Walk 3 min	Run 4.5 min	Walk 6 min
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Week 5

Walk 4 min	Run 6 min	Walk 2.5 min	Run 6 min	Walk 4 min
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Week 6

Walk 2.5 min	Run 7.5 min	Walk 2 min	Run 7.5 min	Walk 2.5 min
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Week 7

Walk 2.5 min	Run 11 min	Walk 2 min	Run 4 min	Walk 2.5 min
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Week 8

Walk 2.5 min	Run 15 min	Walk 2.5 min
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FREE PRINTABLE CHART AT MY FITNESS PLANNER

Running And Walking For Women Over 4

Jicheng Xie



Running And Walking For Women Over 4:

Running And Walking For Women Over 4 Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Running And Walking For Women Over 4**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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