

WEIGHT LOSS RUNNING PLAN

Goal: Sustainable Caloric Burn & Endurance

Week # _____

DAY	TRAINING SESSION	DISTANCE/TIME	HR / EFFORT	Â€“
Monday	Easy Recovery Run + Core Work		Zone 2	
Tuesday	Intervals: 400m Repeats (High Intensity)		Zone 4	
Wednesday	Rest or Active Recovery (Walking)		Light	
Thursday	Tempo Run (Moderate Steady State)		Zone 3	
Friday	Strength Training (Full Body)		N/A	
Saturday	Long Slow Distance (Fat Oxidation)		Zone 2	
Sunday	Full Rest & Mobility	-	-	

WEEKLY TOTALS

Total Mileage: _____

Total Time: _____

Weight (End of Week): _____

WEEKLY REFLECTIONS

How did you feel? Energy levels, sleep, and nutrition notes...