

Runner's Weight Loss Training Plans

6 Running Plans to Ignite Weight Loss



Intro...

The following workouts have been developed for the beginner, intermediate and advance runner. The purpose of these training plans is not to get you ready for a specific race or event, they are merely intended to get your heart rate up and jump start your weight loss. If you are a seasoned runner, or if you are training for a specific race, you should continue with your current training plan or find a race distance specific plan.

Special Note: If you are new to running, I would suggest starting with a run/walk program. Start by running 1 min followed by 2 min of walking for 10 - 15 minutes. Add time to each workout until you can run/walk for 30 minutes. Once you hit the 30 minute target, increase your run time to 2 minutes followed by 2 minutes walking. Once your mileage is at or over 10 miles per week, you can start the 10-mile per week running plan below.

Which Plan should you start with? Choose a plan based on your current mileage. Do not increase your mileage drastically at any point in your training. Doing so can cause injury. For example, if you are currently running 15 miles per week, you can select the 15-18 miles per week plan but do not jump to the 20-24 miles per week as this is too much of an increase. It's always best to increase mileage slowly.

How to read a workout: Before you begin, review the Rate of Perceived Exertion (RPE) chart below as well as the legend of running terms, as we will be using both in the workout descriptions. For example in the 15 Miles Per Week program, the workout for Tuesday week 1 is: 4 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery). This fartlek (F) workout is a total of 4 miles. After a 5-10 minute warm up (or longer if needed) you will run 100 yards very hard using the RPE chart as your gauge. Following each 100 yards, you will run easy (E) until you feel fully recovered. Once fully recovered you will repeat the fartlek 4 more times for a total of 5 (5X). When your intervals are over, you will finish any remaining mileage at a comfortable pace.

Disclaimer: *The training plans are intended to provide helpful information. Always consult your physician before adopting a new eating or exercise program. The author and publisher specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence of reading or following advice or suggestions in this challenge.*

Rate of Perceived Exertion Chart & Workout Legend

Rate of Perceived Exertion (RPE)	
1-2	Very Very Easy
3	Easy: Can keep this pace for long period of time and easily hold conversation
4	Somewhat Hard: Can hold a conversation
5-6	Hard: Heavy breathing, can hold short conversation
7-8	Very Hard: Short of breath, can talk but difficult
9	Very Very Hard: Almost impossible to talk
10	Max Effort: All out impossible to talk

Legend:

XT = Cross Train

F = Fartlek

INT=Intervals

E = Easy

LR = Long Run

10-12 Miles Per Week

10-12 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	Rest	2 Miles (F) 4X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	2 Miles (E)	2 Miles (INT) 4X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	10 Miles
Week 2	Rest	2 Miles (F) 4X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	2 Miles (E)	2 Miles (INT) 4X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	10 Miles
Week 3	Rest	2 Miles (F) 4X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	3 Miles (E)	2 Miles (INT) 4X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	11 Miles
Week 4	Rest	2 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	3 Miles (E)	2 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	11 Miles
Week 5	Rest	2 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	3 Miles (E)	2 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	12 Miles
Week 6	Rest	2 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	3 Miles (E)	2 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	4 Miles (LR)	12 Miles

Notes:
 Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.
Long Run(LR):
 LR should be a comfortable sustainable pace with an approx RPE = 5-6

15-18 Miles Per Week

15-18 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	Rest	3 Miles (F) 4X (100 yards RPE = 8-9 / E run to full recovery)	Rest or XT	3 Miles (E)	3 Miles (INT) 4X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	15 Miles
Week 2	Rest	3 Miles (F) 4X (100 yards RPE = 8-9 / E run to full recovery)	Rest or Cross Train	3 Miles (E)	3 Miles (INT) 4X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	15 Miles
Week 3	Rest	4 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	Rest or Cross Train	3.5 Miles (E)	3 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	16.5 Miles
Week 4	Rest	4 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	Rest or Cross Train	3.5 Miles (E)	3 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	16.5 Miles
Week 5	Rest	4 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	Rest or Cross Train	4 Miles (E)	3 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	7 Miles (LR)	18 Miles
Week 6	Rest	4 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	Rest or Cross Train	4 Miles (E)	3 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	7 Miles (LR)	18 Miles

Notes:

Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.

Long Run(LR):

LR should be a comfortable sustainable pace with an approx RPE = 5-6

20-24 Miles Per Week

20-24 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	3 Miles (E)	Rest	4 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	20 Miles
Week 2	3 Miles (E)	Rest	4 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	6 Miles (LR)	20 Miles
Week 3	3 Miles (E)	Rest	4 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	8 Miles (LR)	22 Miles
Week 4	3 Miles (E)	Rest	4 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	8 Miles (LR)	22 Miles
Week 5	3 Miles (E)	Rest	5 Miles (F) 7X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	9 Miles (LR)	24 Miles
Week 6	3 Miles (E)	Rest	5 Miles (F) 7X (100 yards RPE = 8-9 / E run to full recovery)	3 Miles (E)	4 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	9 Miles (LR)	24 Miles

Notes:

Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.

Long Run(LR):

LR should be a comfortable sustainable pace with an approx RPE = 5-6

25-30 Miles Per Week

25-30 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	4 Miles (E)	Rest	5 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	4 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	8 Miles (LR)	25 Miles
Week 2	4 Miles (E)	Rest	5 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	4 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	8 Miles (LR)	25 Miles
Week 3	4 Miles (E)	Rest	5 Miles (F) 7X (100 yards RPE = 8-9 / E run to full recovery)	4.5 Miles (E)	5 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	9 Miles (LR)	27.5 Miles
Week 4	4 Miles (E)	Rest	5 Miles (F) 7X (150 yards RPE = 8-9 / E run to full recovery)	4.5 Miles (E)	5 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	9 Miles (LR)	27.5 Miles
Week 5	4 Miles (E)	Rest	6 Miles (F) 8X (150 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	6 Miles (INT) 8X (1 min RPE = 7 / 2 min E)	Rest or XT	10 Miles (LR)	30 Miles
Week 6	4 Miles (E)	Rest	6 Miles (F) 8X (150 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	6 Miles (INT) 8X (1 min RPE = 7 / 2 min E)	Rest or XT	10 Miles (LR)	30 Miles

Notes:

Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.

Long Run(LR):

LR should be a comfortable sustainable pace with an approx RPE = 5-6

30-36 Miles Per Week

30-36 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	4 Miles (E)	Rest	6 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	6 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	10 Miles (LR)	30 Miles
Week 2	4 Miles (E)	Rest	6 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	4 Miles (E)	6 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	10 Miles (LR)	30 Miles
Week 3	5 Miles (E)	Rest	6 Miles (F) 7X (100 yards RPE = 8-9 / E run to full recovery)	5 Miles (E)	6 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	11 Miles (LR)	33 Miles
Week 4	5 Miles (E)	Rest	6 Miles (F) 8X (100 yards RPE = 8-9 / E run to full recovery)	5 Miles (E)	6 Miles (INT) 8X (1 min RPE = 7 / 2 min E)	Rest or XT	11 Miles (LR)	33 Miles
Week 5	5 Miles (E)	Rest	7 Miles (F) 9X (100 yards RPE = 8-9 / E run to full recovery)	5 Miles (E)	7 Miles (INT) 9X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	36 Miles
Week 6	5 Miles (E)	Rest	7 Miles (F) 10X (100 yards RPE = 8-9 / E run to full recovery)	5 Miles (E)	7 Miles (INT) 10X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	36 Miles

Notes:

Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.

Long Run(LR):

LR should be a comfortable sustainable pace with an approx RPE = 5-6

35-40 Miles Per Week

35-40 Miles Per Week								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Miles
Week 1	5 Miles (E)	Rest	6 Miles (F) 5X (100 yards RPE = 8-9 / E run to full recovery)	6 Miles (E)	6 Miles (INT) 5X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	35 Miles
Week 2	5 Miles (E)	Rest	6 Miles (F) 6X (100 yards RPE = 8-9 / E run to full recovery)	7 Miles (E)	6 Miles (INT) 6X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	36 Miles
Week 3	6 Miles (E)	Rest	6 Miles (F) 7X (100 yards RPE = 8-9 / E run to full recovery)	7 Miles (E)	6 Miles (INT) 7X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	37 Miles
Week 4	6 Miles (E)	Rest	6 Miles (F) 8X (100 yards RPE = 8-9 / E run to full recovery)	8 Miles (E)	6 Miles (INT) 8X (1 min RPE = 7 / 2 min E)	Rest or XT	12 Miles (LR)	38 Miles
Week 5	6 Miles (E)	Rest	7 Miles (F) 9X (100 yards RPE = 8-9 / E run to full recovery)	8 Miles (E)	7 Miles (INT) 9X (1 min RPE = 7 / 2 min E)	Rest or XT	13 Miles (LR)	39 Miles
Week 6	7 Miles (E)	Rest	7 Miles (F) 10X (100 yards RPE = 8-9 / E run to full recovery)	8 Miles (E)	7 Miles (INT) 10X (1 min RPE = 7 / 2 min E)	Rest or XT	13 Miles (LR)	40 Miles

Notes:

Minimum warm up of 5 - 10 minutes before intervals, longer if needed. Depending on speed, run RPE = 4-6 after intervals for mileage remaining. Cool down.

Long Run(LR):

LR should be a comfortable sustainable pace with an approx RPE = 5-6