

Running For Weight Loss

**The Complete Guide For Weight
Loss Running And Maximum
Fat Burning Exercise**

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Part 1

Introduction

Cardiovascular training and permanent weight loss are intimately interconnected together. Cardio exercise, such as Running has been proven by numerous scientific studies to be very effective at weight loss. In fact, this type of workout burns more calories per minute more than any other form of exercise, including other benefits that I will discuss later in this report.

But the right way for weight loss running is oblivious to the majority. In fact, most people rely on the trail and error model for achieving their weight loss goals, they think that by just going for a run around the block and existing themselves to death, they could get rid of the extra weight instantly—this couldn't be further from the truth.

What most people fail to recognize – just like any other training exercise—there are approaches and specific strategies that should be followed and executed correctly for achieving the best results within a reasonable timeframe.

This special report is designed specifically to help you achieve that kind of results. By reading this report, you will learn that weight loss is not actually hard. The universal law of cause and effects works all the time, thus If you are following the right strategies and applying these successful principles, you will definitely achieve the desired outcomes.

Without further ado, let's dive deep into these principles and learn how to apply them the right way.

The reason behind fat: why you shouldn't hate your fat storage!

Understanding the mechanism by which the body stores fat is essential; fat is not necessarily a bad thing. In fact, our bodies are genetically designed to store fat as survival strategy. In the far past, famine and food deprivation was very common, and when food was available, our ancestors took up and consume as much as possible. Then all that extra energy is stored as fat on the body, so when the next famine season comes, their bodies will have the energy and fuel to live through those harsh times.

But in the last century, things changed drastically. We no longer experience famine as we used to do (except in some poor countries), however our genetic makeup haven't change that much. Our bodies are still programmed to do what they been doing since the dawn of the Homo sapiens. As a result, we store fat but never require our bodies to burn it off.

As a result, you should realize that fat storage is a natural process and essential to the survival of the human specie. And that's not entirely you fault if you struggled with fat excess throughout your life. By just making this mental shift, you will get rid of the stress and anxiety surrounding weight loss.

How much calories running burns?

Running burns more calories per minute than most any other training program. A pound of fat contains 3500 calories, either

by running or walking you can burn about 100 calories per mile. The 100 calories per mile is not valid to everyone, but you can find out your own number by just doing some quick math.

If you knew how much calories you are burning each session, you will be able to keep track of your weight loss goals. And as you burn off more and more calories, you will start dropping pounds like crazy. This certainly will not only boost your fitness level and give you a more sculpted body, but it will also enhance your confidence and your overall sense of being.

How to Calculate your Calorie Burn

Multiply your body weight in pounds by 0.63 to find your calorie burn per mile. For example, if you weigh 200 pounds, multiply 200 by 0.63 to give the answer 126, which means that for each mile you run - you will be burning up to 126 calories.

Your weight (in pounds) * 0.63 = calorie burn per mile.

Calories burned in each mile of running at a moderate pace	
Body weight (Pounds)	Calories burned
100	66
120	84
140	96
150	100
170	113
190	122
210	142
230	155
250	180

Of course there are other factors that influence this process. Your exact rate of calorie burn will vary depending on the intensity of your training, your experience level, your running economy, and your fitness level. But in average, most runners burn approximately 100 calories per mile of running as a general guideline.

But what this has to do with weight loss anyway. As you may know, burning calories is just one part of the puzzle. For an effective weight loss regiment, you should create an imbalance in energy expenditure—meaning that you will be burning more calories than you are taking in.

The calorie deficit concept

Weight loss is a function of calories in versus calories out. Dropping down happens when you create a calorie deficit—this means that you burn more calories than you take in. For example, if your daily calorie intake is 1300 Kcal, and you burn 1500 Kcal each day with exercise and daily activities, you will be creating a calories deficit of 200 Kcal each day, get it? It's not that complicated.

As a general guideline, you should not create a daily calorie deficit that exceeds 500 Kcal.

Now I think you get the big picture, if you burn more calories than you are taking in, you will lose weight, so maximizing your calories burn is critical for any weight loss or weight maintenance program.

How to Create the Calorie Deficit

You could create this deficit by many means. You can increase your daily calorie burn by exercising while holding on to the same diet. You can also decrease your daily intake and not exercise. Or you could do both. Which one is more effective? Obviously the third method, and there has been dozens of studies proving its effectiveness for long term success.

A Scientific Study

In a pioneering study, 3 groups of adults were chosen to create a daily calorie deficit of 500 Kcal for 16 weeks. Each group was instructed to choose one method, in order to find out which method is better for weight loss.

Group: 1

The 1st group was taught to create a daily calorie deficit of 500 Kcal by only decreasing their daily calorie intake.

Group: 2

The 2nd group is to create the deficit with supervised walking and exercise program for 5 days weekly.

Group: 3

This group combined both methods. They reduced their calorie intake by 250 Kcal and increased their calorie burn by 250 Kcal by exercising.

The Conclusion

At the end of the 16 weeks, there was no significant disparity in the results among the 3 groups. Each group lost approximately 10 pounds. Therefore, it proved that creating a calorie deficit will result in weight loss, regardless of the method used to create the inequality.

But, the study proved also that for effective body fat reduction, the 3rd method proved most effective. Therefore, the best way to permanent weight loss can be achieved through combining exercising and following a proper diet.

By just applying these principles, you will be far down the road to achieving your ideal weight. But if you want to maximize this process, keep on reading and learn how to do so easily and effectively. The real secrets and powerful strategies are waiting for you in the second part of this special report.

Part 2

1st principal foundation: Proper Diet

Introduction:

As I have outlined earlier—you can run as much as you like and burn as much calories as you can, but if you are taking in too much calories than you are burning, then you will not create a sufficient calorie deficit.

Therefore, your weight loss goals will fall short and you will get disappointed. In fact you may even gain weight due to excess calories consumption. Lots of beginners use their training workout as an excuse to indulge themselves in unhealthy foods. Of course this has only one result: weight gain.

So, what should you do to stay on the right path?

First of all you need to have clear goals on how many pounds you want to run off. No amount of wishful thinking will get you there. If you want to make your weight loss vision into reality, then you should commit yourself by writing your goals down.

Then you should have a clear plan on what to do. Don't worry, by the time you are done with this special report—you will have all the strategies and techniques you will need to get successful results. Of course, if you implement the plan and keep adjusting your training.

1. The Carbohydrate Paradigm

When I started learning about running, there was and still this big fuss about carbohydrates and that every runner should indulge himself or herself in consuming them. Well that's true to some extent, but not runners dealing with weight loss issues.

Carbs are the body main source of energy, they provide the fuel so your body can work effectively, but when it comes to weight loss, consuming all types of carbs is not an efficient approach—you should solely rely on consuming the right type of carbohydrates. The distinction is not that complicated, I promise.

The Good and Bad Carbohydrate Distinction

So, basically there are two kinds of carbohydrates – "good" and "bad." By now, you may wonder about this crude distinction and how to differentiate between the two. In order to fully understand the distinction you need to learn first how carbs work.

How carbohydrates work

All carbs contain sugars. It's why they are so tasty and delicious. When you consume them, they get metabolized and turned into a glycogen, this element is essential for body functioning.

But here is the catch, when your body metabolizes carbs; all that sugar gets into your blood stream. When that happens, your blood sugar levels changes and increases instantly. As a result, you end up feeling hungry, wobbly and usually find yourself

searching like crazy for that doughnut and stuffing in your mouth any empty calorie snack you get your hands on.

But not all carbs can have such ruthless effect on your blood sugar levels. All carbs are not created equals, some contain low level of sugar, thus the label “good” and others will get your blood sugar levels right through the roof, thus the label “bad”.

➤ **Complex carbohydrates**

They take longer to digest and are usually packed with fiber, vitamins and minerals. Their slow absorption provides you with a steady supply of energy for long periods of time. Good carbs are also full of vitamins, minerals and fiber, which are all necessary for a balanced and healthy diet.

➤ **Simple carbohydrates**

They are digested quickly, and jam-packed with sugar and white flour, which propel blood sugar levels skyrocketing to higher levels. Many simple carbohydrates contain refined sugars and few essential vitamins and minerals.

Do you get the hangs of it? The formula behind putting on weight is simple: the faster the sugars you eat are digested and absorbed into your blood stream, the fatter you get; it can't be much simpler. Therefore, any food that speeds up the process by which your body digests carbs is bad for your diet, and anything that slows it down is good.

So how can you tell which one contains more sugar than the other? As a general guideline, it's easy to tell by taste which carbs are highest in sugars, and which yield their sugars. But, for

more clear and lucid distinction, you should use the glycemic index as the judging scale.

2. The glycemic index

The glycemic index classes foods on how they **affect your blood sugar levels**. This index measure how much your blood sugar increases in the two or three hours after eating a specific meal.

Foods that are higher in carbs are the main cause of sugar blood raise; therefore, the glycemic index is used only for this kind of foods. Foods that contain high portions of **protein or fat don't cause your blood sugar level to increase much**.

By now, I think you know why you shouldn't increase your blood sugar levels. The old model of weight loss is about using strength and will power, but you can't fight your biology—you just have to work with it intelligently. Controlling your cravings and bad eating habits is not that hard, that if you work on maintaining low sugar levels; this can be done by staying away from foods that increase it drastically.

The foods with the lower numbers will cause your blood sugar to go up then go down more slowly than the foods with higher numbers will. Researchers have also proved that low-glycemic foods gratify your appetite for longer periods of time and reduce your food cravings better, hence you will be able to control your eating habits more efficiently.

When you are on the weight loss path, you should only choose foods with a lower glycemic index. Later on, after you

have reached your desired weight, you can start mixing in foods with higher numbers. And for optimum weight loss, you should adopt a total glycemic index of about 60 to 80 grams per day. You don't have to do it perfectly from the get go, but aim for it as an average and you will be fine.

The glycemic index

list food:

BAKERY PRODUCTS

Sponge cake	66
Pound cake	77
Muffin	88
Flan	93
Croissant	96
Doughnuts	108
Waffles	110

DAIRY FOODS

Low fat yoghurt	20
Chocolate milk	34
Whole milk	39
Fat-free milk	46
Low fat ice-cream	71
Ice cream	87

SNACK FOODS AND CANDY

Peanuts	21
Mars M&Ms	46
Mars Snickers Bar	57
Chocolate bar, 1.5 oz	70
Potato chips	77
Popcorn	79
Mars bar	91
Life savers	100
Com ships	105
Jelly beans	114
Pretzels	116
Dates	150

FRUITS AND
FRUITS PRODUCTS

Cherries	32
Grapefruit	36
Peach	40
Orange	47
Pear	48
Apple	56
Grapes	62
Canned pear	63
Raisins	64
Fruits cocktail	79
Kiwifruit	83
Mango	86
Banana	89

Pineapple	94
Watermelon	102
ROOT LEGUMES	
Sweet potato	63
Carrots	70
Yam	73
Potato	101
Rutabaga	103

Of course, this is just a small portion of the list. For more information and food lists, just do a quick research on the glycemic index and you will be amazed on the amount of information already available out there.

3- The Eating Plan

So, at first—your eating plan’s first principle is to allow the intake good carbohydrates and restrain on the bad carbohydrates. It’s not about cutting all carbs entirely from your diet, this is not a Low-Carb regiment—you only cut certain carbohydrates. In fact, it is encouraged eating the good ones for fueling your running sessions.

Of course, this is just the 1st phase of the plan, after you have reached your ideal weigh goal, you could reintroduce the bad carbs to your diet, but with moderate intakes.

I went through the 1st phase myself and after just a week, I noticed a difference. I lost almost 6 pounds in those first 7 days, and it was easy. I didn’t suffer any famine pangs. No terrible cravings. But keep in mind that some tiredness and a low energy

level are to be expected—especially if you are pushing the pace with your running training. However, it's a price you should gladly pay.

Conclusion

Now, you have a clear understanding on which foods to consume or to avoid and the reason why. Your next step is to apply what you have learned and achieve what you are after.

Without implementation—nothing will change, everything will stay the same. At the same time—Don't feel like you have to make big changes instantly, just get on the road, and you will find yourself getting what you want without even thinking about it that much. Focus on progression, not perfection, as they say in alcoholic anonymous.

Here is what to do next:

- 1. Come with a list of foods that you like and have low-glycemic index or good carbs.**
- 2. Beware of foods that you like that have high-glycemic index or the bad carbs.**
- 3. Set a goal in mind on how much pounds you need to lose.**
- 4. Implement and keep adjusting your plan until you reach your ideal weight.**

See, choosing the right diet doesn't have to be that complicated. You don't need to count your calories each time you consume a meal. Even though it's important to be aware on your energy intake, choosing the right type of foods will

produce much faster and effective results, both on the short and long term.

Now, let's go and easy how to speed your weight loss process by incorporating physical exercise: Running.

2nd principal foundation: Running For Burning Fat

Introduction

As I have outlined earlier—running burns more calories than any other form of exercise. In part 2 of this special report, I will teach you the simple running principles for fast and permanent weight loss. Thus when you combine the 2 methods, you will be able to reap the highest amount of benefits possible.

Going for a run around the block will get your heart pumping and burn calories, but what if there is a way to speed up that process? What if you can decrease the amount you spend on training while getting better results? Will that be beneficial to you?

Most aspiring weight loss runners keep banging their head against the wall, simply for the reason that they don't know the secrets and principle of an effective running session. I'm going to share with you these principles in the next pages, and by

incorporating them into your workout—you will see drastic improvements in your results and effectiveness.

Without further ado here are the golden principles for weight loss running:

Fat VS Carbohydrate burning for energy

Generally, the human body burns 2 kinds of fuel – fat and carbs, it usually prefers to burn fat because it lasts a long time and produces lots of energy, but the fat can't be burned unless the muscles get oxygen. Get it? And when you are taking walk breaks, and running totally within your physical capacity, your muscles are being supplied with enough oxygen to get the task done. But when you get out of breath, the fat burning process shuts down.

If you run too hard and too fast, for that day, you overwhelm the capacity of the muscles, the blood system cannot deliver enough oxygen to the muscles and thus you will be huffing and puffing and forcing your muscles to work beyond their current capacity.

Even though you are breathing hard, that is also a sign that you are holding up an oxygen debt. The lack of oxygen will stop fat metabolism, and this will force the muscles to use the stored glycogen as the main source of energy, which produces a high amount of waste product.

Therefore, running at an easy pace will keep you in the aerobic fat burning zone.

Oxygen is needed to burn fat

“Muscle burns fat only in the presence of oxygen”

Oxygen is needed to burn fat, this means that for an effective fat burning session, the first and most important thing you need to be doing is breathing deeply and getting enough oxygen into your blood streams and muscles.

Aerobic exercise is any activity that requires your body to use oxygen; therefore you will be exercising within your physical capacity while burning fat effectively. On the other side anaerobic exercise does not consume oxygen; as a result, it's not a very fat-burning friendly approach.

Running at an easy and comfortable pace is the best way to get oxygen into your body. Don't let your ego get in the way of your success. In fact, training anaerobically and going beyond your aerobic capacity won't burn as much fat as you would like to.

Glycogen (carbs) burning during the first 15 minutes of exercise

When you start exercising, at least for the first 15 minutes, your body will be mainly using glycogen (carbs) as the core source of energy. Glycogen is a form of sugar that is stored in the muscles for quick energy. Therefore, it is the immediate access fuel your body uses throughout the 1st quarter hour of exercise.

This fuel is necessary not only for starting out, but also it sustains the runner for the first half hour of exercise. It is even needed when we are running at low pace and burning mostly fat. The bad news is that the metabolism process of glycogen produces a lot of lactic acid which causes discomfort and fatigue.

So, when your body is using glycogen as the main source of energy, you will feel discomfort in your muscles. This discomfort is due to the rapid waste build up, thus, start slow. If you move slowly with mostly walking – there will be no significant build up.

Even, when the pace is slow, if you are feeling that you are running beyond your capability within the first 10 minutes, you have been going too fast. Running even a little too fast at the beginning depletes valuable glycogen quicker and forces you to slow down in spite of your efforts

No wonder that many beginner runners don't feel great during the first miles of a run. The faster the starting pace, the more uncomfortable you will feel.

How to eliminate this discomfort

The good news is that most of the discomfort can be eliminated with a proper warm-up of walking for at least 5

minutes, and then you could break into an easy and comfortable running pace.

Another reason why you will be feeling difficulties during the first miles of the run is if you have been depriving yourself of carbs, as when adopting a Low-Carb diet. If the glycogen fuel is low and you will struggle during this warm up period. As I have already mentioned in the diet section, you should consume your good carbohydrates; it's the bad ones you should stay away from.

The conclusion is that if you don't exercise for longer than 15 minutes, you will be using primarily carbs as the source of fuel and you will not get into a fat burning zone. In general the longer you exercise the more calories you burn and the more fat you use as fuel.

From 15 minutes to 45 minutes: the transition to fat burning

From 15 minutes to 45 minutes your body will switch into fat burning, this transition from glycogen burning to fat burning takes up to 30 minutes or so. After running 45 minutes, you will be burning mostly fat.

By starting at a slow pace and taking walk breaks as needed. You can lower your exertion level enough reach the 45 minutes point and stay in the fat burning zone for an extended period of

time. Starting slow will also conserve glycogen stores for later use.

Fat is actually a more efficient fuel producing less waste product. If you are exercising within your capabilities, your body begins to break down body fat, and use it as the essential fuel for the workout. Those who don't run, or who don't work out more than 15 minutes under these conditions, will not build up this fat burning power. With lots of walking, and a slow pace, almost anyone can reach up to 3 sessions of 45 minutes each.

How to Train Your Muscles to Burn Fat

Yes! You can train your muscles to be fat burning furnaces by just following some concise training guidelines; you will be able to burn fat in a more efficient way and even when you are asleep.

Even the most untrained muscles that have only glycogen for 50 years can be trained to burn fat under one condition – get in the fat burning zone 3 times a week. Therefore, just 3 running sessions per week are quite enough for training your muscles to burn fat efficiently.

The Fat Burning Training Program:

- **One long run-walk-run** a week for more than 60 minutes a session.
- **2 run-walks of 45 minutes** or more.

1- One session a week beyond 60 minutes

This session is intended to keep you in the fat burning zone for an extensive period of time. If you want better results; you should at least, do one long run-walk every week, and increase its length gradually to around 90 minutes.

Most of us lead very busy lives and you may not have the time for a 90 minutes workout, so what to do? Of course— shoot for a 60 minutes session. This period of time is quite enough to get you n the fat-burning zone for an extended period of time.

By running and walking for 60 minutes each week, the leg muscles will become fat burners overtime, this means that you will burn more fat when you are sitting around all day at your desk, even when you are sleeping at night.

The adaptation of fat burning is harder for those who have done little or no exercise before. Therefore, if you find it difficult to sustain a 1 hour run—you should take plenty walk breaks and overtime, you will build up the endurance you need. If you are completely out-of-shape, do more walking and stick with it.

The fat burning process works similarly for you as it does for runners with top endurance levels. Give this process some time—don't rush it, you may not notice it for a while because the changes are going on inside the muscle cells, and you won't even notice these microscopic changes. After while, you will be amazed with the progress you have made without even noticing.

2- Run-walks of 45 minutes or more.

If weight loss is your primary objective, keep in mind that walking 3 miles burns only slightly fewer calories than running 3 miles—unless you can run or walk with the same intensity. Running or walking 3 miles on each of 2 successive days also burns more calories than a one 6 miles run.

This disparity occurs because the body burns an extra 60 to 150 cal as a result of metabolic rate increase following the exercise period. This metabolic rate will become and remain elevated for several hours after each session. The extra calorie burning after exercise has been over is called an after burn.

In other words, 2 short exercise sessions burn more calories than one long session.

Conclusion

Now the ball is in your court.

You have all the information, strategies and guidelines you needed to make significant lifestyle changes.

It is your choice and you can do it.

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Thanks For Reading My Report

Sincerely

David Dack.