

RUNNING FOR BEGINNERS

WEEK 1

RUN 0 min. – WALK 4+1 min*

REPEAT 4 times

TOTAL TIME = 20 minutes

* Walk fast 4 min. then walk slow 1 min.

WEEK 3

RUN 1 min. – WALK 2 min.

REPEAT 7 times

TOTAL TIME = 21 minutes

WEEK 5

RUN 2 min. – WALK 1 min.

REPEAT 7 times

TOTAL TIME = 21 minutes

WEEK 7

RUN 4 min. – WALK 1 min

REPEAT 4 times

TOTAL TIME = 20 minutes

WEEK 9

RUN 9 min. – WALK 1 min.

REPEAT 2 times

TOTAL TIME = 20 minutes

WEEK 11

RUN 15 min. – WALK 1 min.

THEN RUN 4 minutes

TOTAL TIME = 20 minutes

WEEK 2

RUN 1 min. – WALK 3 min.

REPEAT 5 times

TOTAL TIME = 20 minutes

WEEK 4

RUN 1 min – WALK 1 min

REPEAT 10 times

TOTAL TIME = 20 minutes

WEEK 6

RUN 3 min. – WALK 1 min.

REPEAT 5 times

TOTAL TIME = 20 minutes

WEEK 8

RUN 6 min. – WALK 1 min.

REPEAT 3 times

TOTAL TIME = 21 minutes

WEEK 10

RUN 12 min. – WALK 1 min

THEN RUN 7 minutes

TOTAL TIME = 20 minutes

WEEK 12

RUN 20 minutes

