



# BEGINNING RUNNING

## 8 Week Training Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>WEEK 1</b>	Run 1 Minute Walk 2 Minutes (Repeat 10X)	Walk 30 Minutes (Easy)	Run 1 Minute Walk 2 Minutes (Repeat 10X)	Walk 30 Minute (Easy)	Run 1 Minute Walk 2 Minutes (Repeat 10X)	Run 1 Minute Walk 2 Minutes (Repeat 10X)	REST
<b>WEEK 2</b>	Run 1 Minute Walk 2 Minutes (Repeat 10X)	Walk 30 Minutes (Easy)	Run 3 Minutes Walk 1 Minute (Repeat 7X)	Walk 30 Minute (Easy)	Run 4 Minutes Walk 1 Minute (Repeat 6X)	Run 4 Minutes Walk 1 Minute (Repeat 6X)	REST
<b>WEEK 3</b>	Run 5 Minutes Walk 1 Minute (Repeat 5X)	Walk 30 Minutes (Easy)	Run 5 Minutes Walk 1 Minute (Repeat 5X)	Walk 30 Minute (Easy)	Run 6 Minutes Walk 1 Minute (Repeat 4X)	Run 6 Minutes Walk 1 Minute (Repeat 4X)	REST
<b>WEEK 4</b>	Run 8 Minutes Walk 1 Minute (Repeat 3X)	Walk 30 Minutes (Easy)	Run 9 Minutes Walk 1 Minute (Repeat 3X)	Walk 30 Minute	Run 10 Minutes Walk 1 Minute (Repeat 2X) Run 8 Minutes	Run 11 Minutes Walk 1 Minute (Repeat 2X) Run 6 Minutes	REST
<b>WEEK 5</b>	Run 12 Minutes Walk 1 Minute (Repeat 2X) Run 4 Minutes	Walk 30 Minutes (Easy)	Run 13 Minutes Walk 1 Minute (Repeat 2X) Run 2 Minutes	Walk 30 Minute	Run 14 Minutes Walk 1 Minute (Repeat 2X)	Run 14 Minutes Walk 1 Minute Run 14 Minutes	REST
<b>WEEK 6</b>	Run 16 Minutes Walk 1 Minute Run 13 Minutes	Walk 30 Minutes (Easy)	Run 17 Minutes Walk 1 Minute Run 12 Minutes	Walk 30 Minute (Easy)	Run 18 Minutes Walk 1 Minute Run 11 Minutes	Run 19 Minutes Walk 1 Minute Run 10 Minutes	REST
<b>WEEK 7</b>	Run 20 Minutes Walk 1 Minute Run 9 Minutes	Walk 30 Minutes (Easy)	Run 22 Minutes Walk 1 Minute Run 7 Minutes	Walk 30 Minute (Easy)	Run 24 Minutes Walk 1 Minute Run 5 Minutes	Run 26 Minutes Walk 1 Minute Run 3 Minutes	REST
<b>WEEK 8</b>	Run 27 Minutes Walk 1 Minute Run 2 Minutes	Walk 30 Minutes (Easy)	Run 28 Minutes Walk 1 Minute Run 1 Minutes		Walk 20 Minutes (Easy)	Walk 30 Minutes (Easy)	REST

Consult a physician before beginning any exercise program.