

RUN / WALK PROGRAM

From Zero to 30mins of Running in 8 weeks

Getting started on a running program can be extremely daunting for a lot of people. Embarking on a running schedule should focus on easing into a program by combining walking and running together.

A beginner can be quickly turned off running simply because they start too fast or try to run too far or for too long. There is nothing worse than feeling like your lungs are going to explode on your first running outing.

There is no reason why you can't be transformed from a couch potato to a 30-minute runner in 8 weeks. The only requirement is that you be consistent and follow the program.

GUIDELINES

- Take at least a day off in between each run
- Runs can be done inside or outside
- Try to pick a route outside that is relatively flat
- Use the walk as a recovery
- The run pace should be steady, you should be able to speak / hold a conversation
- It's ok to repeat a week or go back a week
- Stick to the plan, please avoid advancing too quickly

WEEK 1	SESSION	1	2	3
	RUN	1min	1min	2min
	WALK	4min	4min	3min
	TIMES	x 4	X 5	X 4
	TOTAL TIME	20mins	25mins	20mins
WEEK 2	SESSION	1	2	3
	RUN	2min	2.5min	3min
	WALK	3min	2.5min	2min
	TIMES	X 5	X 5	X 5
	TOTAL TIME	25mins	25mins	25mins
WEEK 3	SESSION	1	2	3
	RUN	3min	3.5min	4min
	WALK	2min	1.5min	1min
	TIMES	X 6	X 5	X 5
	TOTAL TIME	30mins	25mins	25mins
WEEK 4	SESSION	1	2	3
	RUN	4min	6min	6min
	WALK	1min	2min	1min
	TIMES	X 6	X 4	X 4
	TOTAL TIME	30mins	32mins	28mins
WEEK 5	SESSION	1	2	3
	RUN	8min	8min	10min
	WALK	2min	1min	2min
	TIMES	X 2	X 3	X 2
	TOTAL TIME	20mins	27mins	24mins
WEEK 6	SESSION	1	2	3
	RUN	10min	12min	12min
	WALK	1min	2min	1min
	TIMES	X 3	X 2	X 2
	TOTAL TIME	33mins	28mins	26mins
WEEK 7	SESSION	1	2	3
	RUN	15min	15min	18min
	WALK	2min	1min	2min
	TIMES	X 2	X 2	X 2
	TOTAL TIME	34mins	32mins	40mins
WEEK 8	SESSION	1	2	3
	RUN	20min	20min	30min
	WALK	2min	1min	0
	TIMES	X 1	X 2	X 1
	TOTAL TIME	22mins	42mins	30mins