



Quick Start Guide to Running: Plan #1

	Monday	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1	Run/walk 30 min. Try a 1:10 run:walk ratio, adjust as needed for your fitness level	rest	Run/walk 30 min (this workout can be done Weds OR Thurs)		rest	Run/walk 30 minutes	rest
Week 2	Run/walk 30 min. This week, try to slightly increase # of running minutes, OR decrease # of walking minutes, compared to last week.	rest, or do an easy 20-30 minute walk	Run/walk 30 min (this workout can be done Weds OR Thurs)		rest, or do an easy 20-30 min walk	Run/walk 30 minutes	rest
Week 3	Run/walk 35-40 min. Again, you may try to slightly increase # of running minutes, OR decrease # of walking minutes, as compared to last week.	rest, or do an easy 20-30 minute walk	Run/walk 35-40 min (this workout can be done Weds OR Thurs)		rest, or do an easy 20-30 min walk	Run/walk 35-40 minutes	rest
Week 4	Run/walk 40-45 min. Similarly, try to slightly increase # of running min, OR decrease # of walking min, as compared to last week.	rest, or do an easy 20-30 minute walk	Run/walk 40-45 minutes (this workout can be done Weds or Thurs)		rest, or do an easy 20-30 min walk	Run/walk 40-45 minutes	rest