

Beginning Running Program (Starts whenever you want to start, but today is good)

Week	Monday Walk Day	Tuesday Run/Walk	Wednesday Strength	Thursday Run/Walk	Friday Strength	Saturday Run/Walk	Sunday Rest
1	Walk Day 20 – 30 minutes	30 minutes: walk 5:00 <i>alternate</i> :30 run/2:00 walk for 20:00 total walk 5:00	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	30 minutes: walk 5:00 <i>alternate</i> :30 run/2:00 walk for 20:00 total walk 5:00	Strengthening of the Hips and Core: 20 minutes Optional 20-30 minute easy walk	30 minutes: walk 5:00 <i>alternate</i> :30 run/2:00 walk for 20:00 total walk 5:00	Walk Day 20 – 30 minutes
2		30:00 total time warmup walk 5:00 alternate :45 run/2:00 walk for 20:00 cool down walk 5:00		30:00 total time walk 5:00 alternate :45 run/2:00 walk for 20:00 total walk 5:00		35:00 total time walk 5:00 alternate :45 run/2:00 walk for 25:00 total walk 5:00	
3		30:00 total time walk 5:00 alternate :45 run/2:00 walk for 20:00 total walk 5:00		30:00 total time walk 5:00 alternate :45 run/2:00 walk for 20:00 total walk 5:00		45:00 total time walk 5:00 alternate :45 run/2:00 walk for 35:00 total walk 5:00	
4		30:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 20 minutes walk 5:00		30:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 20:00 total walk 5:00		50:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 40:00 total walk 5:00	
5		45:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 35 minutes walk 5:00		30:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 20 minutes walk 5:00		55:00 total time walk 5:00 <i>alternate</i> 1:00 run/2:00 walk for 45 minutes walk 5:00	
6		45:00 total time walk 5:00 <i>alternate</i> 1:30 run/2:00 walk for 35 minutes walk 5:00		45:00 total time walk 5:00 <i>alternate</i> 1:30 run/2:00 walk for 35 minutes walk 5:00		60:00 total time walk 5:00 <i>alternate</i> 1:30 run/2:00 walk for 50 minutes walk 5:00	
7		45:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 35 minutes walk 5:00		45:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 35 minutes walk 5:00		60:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 50 minutes walk 5 minutes	
8		45:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 35 minutes walk 5:00		45:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 35 minutes walk 5:00		60:00 total time walk 5:00 <i>alternate</i> 2:00 run/2:00 walk for 50 minutes walk 5:00	

Run/Walk Days

This schedule has your longer efforts on Saturday. If you want to run on Sunday instead, just switch days.

Effort

The goal is to ease you into the ability to run continuously while also avoiding injury.

We start with 30 seconds run, followed by 2 minutes walk. You are to repeat these intervals until you've completed your workout.

Each week we slowly increase the run portion. Eventually (after you have completed this plan) you will be able to run 10 minutes continuously. At that point you can begin to slowly decrease the walk breaks. You can also hire me to personally coach you and help you progress and even train for a future race.

Strength Training

We have three goals with strength training. The first is to prevent injury. Stronger muscles are healthier muscles. The second and third are to help develop faster running and improve endurance. The stronger you are the better your form, more efficient your running, which help you to run faster and for greater distances.

If you are already doing some sort of strength work (yoga works!), then you are fine to continue what you are doing. If you are not currently, the following routine is suggested.

We recommend you start with 1 set of the following and build to 2 or 3 sets as you progress. Please do not add an additional set until you feel comfortable doing one set and are not overly sore the following day. Everyone is different, but you may not move up to 2 sets for 4 or more weeks.

Warmup: 1 set

10 walking toe touches, (*bend forward and touch your left toe with right hand, take 3 steps and touch right toe with left hand, repeat*); 10 lunges each leg; leg swings (*forward and side to side*) 20 seconds each leg

Workout: Start with 1 set and build to three sets as you improve

20 second plank (can do side plank also)

10 Push-ups (*can put knees on ground if necessary*)

15 Bridges (*lie on back, feet flat on floor, lift pelvis to ceiling being careful not to arch back*)

10 Squats (*make sure your knees do not extent past your toes, keep heels on ground*)

Lunge, 10 each leg

Calf raises, 10 each leg

Wall sit, build to 30 seconds

Optional: jump rope 30 seconds (build to single leg)

Cooldown: Foam roll and gentle stretches.

**Training Plan Provided by
Nancy Switzler**

www.withinreachruncoaching.com

