



Beginner Training Schedule

Week	Workout 1	Workout 2	Workout 3
Week 1	Brisk five-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 60 seconds of easy running and 90 seconds of walking for a total of 20 minutes.
Week 2	Brisk five-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.	Brisk five-minute warmup walk. Then alternate 90 seconds of easy running and two minutes of walking for a total of 20 minutes.
Week 3	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Easy run for 90 seconds • Walk 90 seconds • Easy run for 3 minutes • Walk for 3 minutes 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Easy run for 90 seconds • Walk 90 seconds • Easy run for 3 minutes • Walk for 3 minutes 	Brisk five-minute warmup walk, then do two repetitions of the following: <ul style="list-style-type: none"> • Easy run for 90 seconds • Walk 90 seconds • Easy run for 3 minutes • Walk for 3 minutes
Week 4	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run for 3 minutes • Walk 90 seconds • Easy run 5 minutes • Walk 2-1/2 minutes • Easy run 3 minutes • Walk 90 seconds • Easy run 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run for 3 minutes • Walk 90 seconds • Easy run 5 minutes • Walk 2-1/2 minutes • Easy run 3 minutes • Walk 90 seconds • Easy run 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run for 3 minutes • Walk 90 seconds • Easy run 5 minutes • Walk 2-1/2 minutes • Easy run 3 minutes • Walk 90 seconds • Easy run 5 minutes
Week 5	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run 5 minutes • Walk 3 minutes • Easy run 5 minutes • Walk 3 minutes • Easy run 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run 8 minutes • Walk 5 minutes • Easy run 8 minutes 	Brisk five-minute warmup walk, then easy 20 minutes with no walking.



Week	Workout 1	Workout 2	Workout 3
Week 6	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run 5 minutes • Walk 3 minutes • Easy run 8 minutes • Walk 3 minutes • Easy run 5 minutes 	Brisk five-minute warmup walk, then: <ul style="list-style-type: none"> • Easy run 10 minutes • Walk 3 minutes • Easy run 10 minutes 	Brisk five-minute warmup walk, then easy run for 25 minutes with no walking.
Week 7	Brisk five-minute warmup walk, then easy run 25 minutes	Brisk five-minute warmup walk, then easy run 25 minutes	Brisk five-minute warmup walk, then easy run 25 minutes
Week 8	Brisk five-minute warmup walk, then easy run 28 minutes	Brisk five-minute warmup walk, then easy run 28 minutes	Brisk five-minute warmup walk, then easy run 28 minutes
Week 9	Brisk five-minute warmup walk, then easy run for 15 minutes	Brisk five-minute warmup walk, then easy run 10 minutes and walk 5 minutes	Race Day!

I have fought the good fight,
I have finished the race,
I have kept the faith.

2 Timothy 4:7

Each running workout should end with a cool down walk of 5 minutes.

Every work out should be followed by lower body stretches for the hips, glutes, quads, hamstrings, IT band, upper calves and lower calves.

Workout based on program by Cool Running: www.coolrunning.com