



Runner's Training Plan

Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in the space of eight weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run-walk program which will gradually ease you towards the goal.

A few things to bear in mind:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart - you **will** get there!

The Schedule

- **Week 1** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5** Run eight mins, walk two mins. Repeat three times. Do three times a week.
- **Week 6** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 7** Run 15 mins, walk one min, Run fifteen mins. Do three times a week
- **Week 8** Run 30 mins continuously.

The Result

Congratulations! You're a real runner!