



## Beginner Plan

Whether you've been inspired to start running to take care of your health or to take on a new challenge, this plan is for you. This plan is designed for someone who has never run and is looking to start. The goal of this plan is to be able to run 30 minutes straight after 8 weeks of training. Each week will build upon itself. Keep in mind the plan is based on time, not distance, so don't worry about pace, just focus on getting in the time.

|        | Monday Plan                    | Tuesday Plan                                                                      | Wednesday Plan | Thursday Plan                                                                     | Friday Plan  | Saturday Plan                                                                    | Sunday Plan |
|--------|--------------------------------|-----------------------------------------------------------------------------------|----------------|-----------------------------------------------------------------------------------|--------------|----------------------------------------------------------------------------------|-------------|
| Week 1 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>Alternate 60sec Run / 90sec walk for a total of 20min  | Rest or Walk   | Brisk 5min Warm-up Walk<br>Alternate 60sec Run / 90sec walk for a total of 20min  | Rest or Walk | Brisk 5min Warm-up Walk<br>Alternate 60sec Run / 90sec walk for a total of 20min | Rest        |
| Week 2 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>Alternate 90sec Run / 2min walk for a total of 20min   | Rest or Walk   | Brisk 5min Warm-up Walk<br>Alternate 90sec Run / 2min walk for a total of 20min   | Rest or Walk | Brisk 5min Warm-up Walk<br>Alternate 90sec Run / 2min walk for a total of 20min  | Rest        |
| Week 3 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>2 x (Run 90sec / Walk 90sec, Run 3min, Walk 3min)      | Rest or Walk   | Brisk 5min Warm-up Walk<br>2 x (Run 90sec / Walk 90sec, Run 3min, Walk 3min)      | Rest or Walk | Brisk 5min Warm-up Walk<br>2 x (Run 90sec / Walk 90sec, Run 3min, Walk 3min)     | Rest        |
| Week 4 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>3 x (Run 4min / Walk 2min)                             | Rest or Walk   | Brisk 5min Warm-up Walk<br>3 x (Run 5min / Walk 2min)                             | Rest or Walk | Brisk 5min Warm-up Walk<br>3 x (Run 5min / Walk 2min)                            | Rest        |
| Week 5 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>Run 8min / Walk 2min / Run 8min / Walk 2min / Run 5min | Rest or Walk   | Brisk 5min Warm-up Walk<br>Run 8min / Walk 2min / Run 8min / Walk 2min / Run 5min | Rest or Walk | Brisk 5min Warm-up Walk<br>2 x (Run 10min / Walk 2min)                           | Rest        |
| Week 6 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>2 x (Run 10min / Walk 2min)                            | Rest or Walk   | Brisk 5min Warm-up Walk<br>Run 15min / Walk 5min / Run 5min                       | Rest or Walk | Brisk 5min Warm-up Walk<br>Run 15min / Walk 5min / Run 5min                      | Rest        |
| Week 7 | Rest or Walk                   | Brisk 5min Warm-up Walk<br>Run 20min / Walk 3min / Run 5min                       | Rest or Walk   | Brisk 5min Warm-up Walk<br>Run 20min / Walk 3min / Run 5min                       | Rest or Walk | Brisk 5min Warm-up Walk<br>Run 25min                                             | Rest        |
| Week 8 | Delivered Friday, May 22, 2020 |                                                                                   |                |                                                                                   |              |                                                                                  |             |