

RUNNER'S WORLD

TRAINING PLAN for

BEGINNERS

**8-WEEK PROGRAM TO
GET YOU RUNNING**

TRAINING PLAN for

BEGINNERS

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 Run & Walk	Day 2 Walk	Day 3 Run & Walk	Day 4 Walk	Day 5 Run & Walk	Day 6 Run & Walk	Day 7 Rest
	Day 8 Run & Walk	Day 9 Walk	Day 10 Run & Walk	Day 11 Walk	Day 12 Run & Walk	Day 13 Run & Walk	Day 14 Rest
2	Day 15 Run & Walk	Day 16 Walk	Day 17 Run & Walk	Day 18 Walk	Day 19 Run & Walk	Day 20 Run & Walk	Day 21 Rest
	Day 22 Run & Walk	Day 23 Walk	Day 24 Run & Walk	Day 25 Walk	Day 26 Run & Walk	Day 27 Run & Walk	Day 28 Rest
3	Day 29 Run & Walk	Day 30 Walk	Day 31 Run & Walk	Day 32 Walk	Day 33 Run & Walk	Day 34 Run & Walk	Day 35 Rest
	Day 36 Run & Walk	Day 37 Walk	Day 38 Run & Walk	Day 39 Walk	Day 40 Run & Walk	Day 41 Run & Walk	Day 42 Rest
4	Day 43 Run & Walk	Day 44 Run & Walk	Day 45 Run & Walk	Day 46 Walk	Day 47 Run & Walk	Day 48 Run & Walk	Day 49 Rest
	Day 50 Run & Walk	Day 51 Run & Walk	Day 52 Run & Walk	Day 53 Walk	Day 54 Run & Walk	Day 55 Run	Day 56 Rest

This training plan is designed to get you to the point where you can run 30 minutes (about 2 miles) at a slow, relaxed pace. It's a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking. Once you are able to run 2 miles nonstop, you can decide on your next goal. You might simply want to continue running 2 miles at a time, three or four days per week. Research has shown that this is enough to help you lose or maintain weight, and improve many other important health markers, i.e., your cholesterol, blood pressure, and insulin response.

Week 1

Day 1, Monday · Run & Walk

Run for 1 minute.
Walk for 2 minutes.
Repeat 10 times.

Day 2, Tuesday · Walk

Walk easy for 30 minutes.

Day 3, Wednesday · Run & Walk

Run for 1 minute.
Walk for 2 minutes.
Repeat 10 times.

Day 4, Thursday · Walk

Walk easy for 30 minutes.

Day 5, Friday · Run & Walk

Run for 1 minute.
Walk for 2 minutes.
Repeat 10 times.

Day 6, Saturday · Run & Walk

Run for 1 minute.
Walk for 2 minutes.
Repeat 10 times.

Week 2

Day 8, Monday · Run & Walk

Run for 2 minutes.
Walk for 1 minute.
Repeat 10 times.

Day 9, Tuesday · Walk

Walk easy for 30 minutes.

Day 10, Wednesday · Run & Walk

Run for 3 minutes.
Walk for 1 minute.
Repeat 7 times.
Run for 2 minutes.

Day 11, Thursday · Walk

Walk easy for 30 minutes.

Day 12, Friday · Run & Walk

Run for 4 minutes.
Walk for 1 minute.
Repeat 6 times.

Day 13, Saturday · Run & Walk

Run for 4 minutes.
Walk for 1 minute.
Repeat 6 times.

Week 3

Day 15, Monday · Run & Walk

Run for 5 minutes.
Walk for 1 minute.
Repeat 5 times.

Day 16, Tuesday · Walk

Walk easy for 30 minutes.

Day 17, Wednesday · Run & Walk

Run for 5 minutes.
Walk for 1 minute.
Repeat 5 times.

Day 18, Thursday · Walk

Walk easy for 30 minutes.

Day 19, Friday · Run & Walk

Run for 6 minutes.
Walk for 1 minute.
Repeat 4 times.
Run for 2 minutes.

Day 20, Saturday · Run & Walk

Run for 6 minutes.
Walk for 1 minute.
Repeat 4 times.
Run for 2 minutes.

Week 4

Day 22, Monday · Run & Walk

Run for 8 minutes.
Walk for 1 minute.
Repeat 3 times.
Run for 3 minutes.

Day 23, Tuesday · Walk

Walk easy for 30 minutes.

Day 24, Wednesday · Run & Walk

Run for 8 minutes.
Walk for 1 minute.
Repeat 3 times.
Run for 3 minutes.

Day 25, Thursday · Walk

Walk easy for 30 minutes.

Day 26, Friday · Run & Walk

Run for 10 minutes.
Walk for 1 minute.
Repeat 2 times.
Run for 8 minutes.

Day 27, Saturday · Run & Walk

Run for 10 minutes.
Walk for 1 minute.
Repeat 2 times.
Run for 8 minutes.

Week 5

Day 29, Monday · Run & Walk

Run for 12 minutes.
Walk for 1 minute.
Repeat 2 times.
Run for 4 minutes.

Day 30, Tuesday · Walk

Walk easy for 30 minutes.

Day 31, Wednesday · Run & Walk

Run for 13 minutes.
Walk for 1 minute.
Repeat 2 times.
Run for 2 minutes.

Day 32, Thursday · Walk

Walk easy for 30 minutes.

Day 33, Friday · Run & Walk

Run for 14 minutes.
Walk for 1 minute.
Repeat 2 times.

Day 34, Saturday · Run & Walk

Run for 15 minutes.
Walk for 1 minute.
Run for 14 minutes.

Week 6

Day 36, Monday · Run & Walk

Run for 16 minutes.
Walk for 1 minute.
Run for 13 minutes.

Day 37, Tuesday · Walk

Walk easy for 30 minutes.

Day 38, Wednesday · Run & Walk

Run for 17 minutes.
Walk for 1 minute.
Run for 12 minutes.

Day 39, Thursday · Walk

Walk easy for 30 minutes.

Day 40, Friday · Run & Walk

Run for 18 minutes.
Walk for 1 minutes.
Run for 11 minutes.

Day 41, Saturday · Run & Walk

Run for 19 minutes.
Walk for 1 minute.
Run for 10 minutes.

Week 7

Day 43, Monday · Run & Walk

Run for 20 minutes.
Walk for 1 minute.
Run for 9 minutes.

Day 44, Tuesday · Run & Walk

Run for 20 minutes.
Walk for 1 minute.
Run for 9 minutes.

Day 45, Wednesday · Run & Walk

Run for 22 minutes.
Walk for 1 minute.
Run for 7 minutes.

Day 46, Thursday · Walk

Walk easy for 30 minutes.

Day 47, Friday · Run & Walk

Run for 24 minutes.
Walk for 1 minute.
Run for 5 minutes.

Day 48, Saturday · Run & Walk

Run for 26 minutes.
Walk for 1 min.
Run for 3 minutes.

Week 8

Day 50, Monday · Run & Walk

Run for 27 minutes.
Walk for 1 minute.
Run for 2 minutes.

Day 51, Tuesday · Run & Walk

Run for 20 minutes.
Walk for 1 minute.
Run for 9 minutes.

Day 52, Wednesday · Run & Walk

Run for 28 minutes.
Walk for 1 minute.
Run for 1 minute.

Day 53, Thursday · Walk

Walk easy for 30 minutes.

Day 54, Friday · Run & Walk

Run for 29 minutes.
Walk for 1 minute.

Day 55, Saturday · Run

Run for 30 minutes.