

This is an 8 week beginner program designed to get you running for 30 minutes, which would be roughly a 5k run or race.

The starting point is being able to walk for at least 30 minutes.

No previous running experience is necessary. Each week builds on the previous week.

If you feel the need, a week can be repeated to build on your endurance capacity.

Each run is structured with the following components.

Workout times range from about 35 - 50 minutes.

- Pre-run dynamic movement warmup
- Walking or running warmup
- Run workout
- Walking or running cooldown
- Post running cooldown

Week 3															
Further progressions on the running intervals															
Day	Workout Format	Pre Activity Dynamic Warmup	Strength Training Workout Time	Active Recovery Day Walk Time	Warmup Walk Moving Time	Run Intervals Time	Number of Run Intervals	Recovery Intervals Time	Number of Recovery Intervals	Cooldown Moving Time	Total Run Time	Total Recovery Time	Total Moving Time	Post Activity Dynamic Cooldown	Total Workout Time
Monday	Running and walking intervals	5			3	3	4	2	4	3	12	8	26	5	36
Tuesday	Active recovery walk				20								20		20
	Strength training	5	20											5	30
Wednesday	Running and walking intervals	5			3	3	4	2	4	3	12	8	26	5	36
Thursday	Active recovery walk				20								20		20
	Strength training	5	20											5	30
Friday	Active recovery walk				20								20		20
Saturday	Running and walking intervals	5			3	5	3	3	3	3	15	9	30	5	40
Sunday	Rest day														
Weekly Totals											39	25	142		232