

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

<b>Week 4</b>															
<b>Further progressions on the running intervals</b>															
<b>Day</b>	<b>Workout Format</b>	<b>Pre Activity Dynamic Warmup</b>	<b>Strength Training Workout Time</b>	<b>Active Recovery Day Walk Time</b>	<b>Warmup Walk Moving Time</b>	<b>Run Intervals Time</b>	<b>Number of Run Intervals</b>	<b>Recovery Intervals Time</b>	<b>Number of Recovery Intervals</b>	<b>Cooldown Moving Time</b>	<b>Total Run Time</b>	<b>Total Recovery Time</b>	<b>Total Moving Time</b>	<b>Post Activity Dynamic Cooldown</b>	<b>Total Workout Time</b>
Monday	Running and walking intervals	5			3	4	4	2	4	3	16	8	30	5	40
Tuesday	Active recovery walk				20								20		20
	Strength training	5	20											5	30
Wednesday	Running and walking intervals	5			3	4	4	2	4	3	16	8	30	5	40
Thursday	Active recovery walk				20								20		20
	Strength training	5	20											2	27
Friday	Active recovery walk				20								20		20
Saturday	Running and walking intervals	5			3	5	4	2	4	3	20	8	34	5	44
Sunday	Rest day														
<b>Weekly Totals</b>											<b>52</b>	<b>24</b>	<b>154</b>		<b>241</b>