

## How to Safely Start a Running Program 4 WEEK GUIDE

This plan is ideal for:      A. New runners  
    B. Anyone who hasn't run in more than 6 - 8 months

Feel free to include additional "non-impact" cardio to this program to enhance fitness level and calorie expenditure while you gradually increase mileage.

	Day 1	Day 2	Day 3	Weekly Running Minutes
<b>Week 1</b>	<ul style="list-style-type: none"> <li>• Start: 5 minute walk</li> <li>• 60 second run</li> <li>• 90 second walk } Repeat x8</li> <li>• End: 5 Minute walk</li> </ul>	Repeat Week 1 day 1	Repeat Week 1 day 1	24 Minutes
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• Start: 5 minute walk</li> <li>• 90 second run</li> <li>• 90 second walk } Repeat x8</li> <li>• End: 5 Minute walk</li> </ul>	Repeat Week 2 Day 1	Repeat Week 2 Day 1	36 Minutes
<b>Week 3</b>	<ul style="list-style-type: none"> <li>• Start: 5 minute walk</li> <li>• 2 minute jog</li> <li>• 1 min run } Repeat x8</li> <li>• End: 5 Minute walk</li> </ul>	Repeat Week 3 Day 1	Repeat Week 3 Day 1	48 Minutes
<b>Week 4</b>	<ul style="list-style-type: none"> <li>• Start: 5 minute walk</li> <li>• 2 1/2 minute jog</li> <li>• 1 minute run } Repeat x10</li> <li>• End: 5 Minute walk</li> </ul>	Repeat Week 4 Day 1	Repeat Week 4 Day 1	75 Minutes