

BEGINNER'S EIGHT-WEEK TRAINING PLAN

This perfect plan will have you running for 30 minutes non-stop in a mere eight weeks



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Rest	1-min easy run/ 1-min walk x 10	Rest	1-min easy run/ 1-min walk x 10	Rest	30-min brisk walk	2-min easy run/ 1-min walk x 7
WEEK 2	Rest	2-min easy run/ 1-min walk x 6	Rest	2-min easy run/ 1-min walk x 6	Rest	45-min brisk walk, 30-min cross training easy or a conditioning class	3-min easy run/ 1-min walk x 5
WEEK 3	Pilates class, core work or 30-min swim	4-min easy run/ 1-min walk x 3	Rest	5-min easy run/ 1-min walk x 3	Rest	45-min brisk walk, 30-min cross training easy or a conditioning class	7-min continuous easy run/ 2-min walk, then 4-min run/1-min walk x 3
WEEK 4	Pilates class, core work or 30-min swim	4-min run/ 2-min walk x 5	Rest	4-min run/ 1-min walk x 6	Rest	60-min brisk walk, 30-min cross training easy or a conditioning class	10-min easy run/ 2-min walk, then 5-min run/ 1-min walk x 3
WEEK 5	Rest	2-min run/ 1-min walk x 6	Rest	4-min run/ 1-min walk x 5	Rest	Rest	15-min easy run/ 1-min walk, then 10-min brisk walk
WEEK 6	Pilates class, core work or 30-min swim	5-min easy run/ 1-min walk x 4	Rest	5-min easy run/ 1-min walk x 4	Rest	60-min brisk walk, 30-min cross training easy or a conditioning class	20-min easy run/1-min walk, then 5-min easy run/1-min walk x 2
WEEK 7	Pilates class, core work or 30-min swim	6-min easy run/ 1-min walk x 4	Rest	7-min easy run/1-min walk x 4	Rest	60-min brisk walk, 30-min cross training easy or a conditioning class	25-min easy run, then 10-min brisk walk
WEEK 8	Pilates class, core work or 30-min swim	6, 5, 4, 3, 2, 1 min runs with 1-min walk between the blocks	Rest	1-min run/ 1-min walk x 10	Rest	30-min easy run continuous	Rest

- Always substitute cross training for running if you are injured, very sore or it is not safe to run.
- Please add a core conditioning, Pilates or yoga class once or twice a week if you have time.
- Try to stretch every day for at least ten minutes.
- Always eat within 20 to 30 minutes of finishing a run.
- Always train at your target pace, don't compromise or run too hard. Tiredness always catches up, so take extra rest if required.