

Beginning Runners

- Walk to Run -

Walk 20 minutes	DAY 1	DAY 2	DAY3	DAY 4
Walk 30 minutes	DAY 1	DAY 2	DAY3	DAY 4
Stage 1 Run 2 minutes, walk 4 minutes. Complete the sequence five times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 2 Run 3 minutes, walk 3 minutes. Complete the sequence five times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 3 Run 5 minutes, walk 2.5 minutes. Complete the sequence four times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 4 Run 7 minutes, walk 3 minutes. Complete the sequence five times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 5 Run 8 minutes, walk 2 minutes. Complete the sequence three times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 6 Run 9 minutes, walk 2 minutes. Complete the sequence twice, then run 8 minutes.	DAY 1	DAY 2	DAY3	DAY 4
Stage 7 Run 9 minutes, walk 1 minute. Complete the sequence three times.	DAY 1	DAY 2	DAY3	DAY 4
Stage 8 Run 13 minutes, walk 2 minutes. Complete the sequence twice.	DAY 1	DAY 2	DAY3	DAY 4
Stage 9 (double stage) Run 14 minutes, walk 1minute. Complete the sequence twice.	DAY 1	DAY 2	DAY3	DAY 4
	<i>complete this stage for 2 weeks (8 days)</i>			
Stage 10 (double stage) Run 30 minutes.	DAY 1	DAY 2	DAY3	DAY 4
	<i>complete this stage for 2 weeks (8 days)</i>			