

Beginner Running Program

| DATE | Tuesday or Wed. | Thursday or Friday | SUNDAY |
|-------------------------|-----------------------------|-----------------------|-----------------------|
| March 27-April 2 | Walk 2 Min Warm Up | SAME AS TUESDAY | Walk 5 Min Warm Up |
| | 8 Miles easy walk if needed | | 11 Mile Long Run |
| | | | Jog/walk as needed |
| | 2 Min. Walk Cool Down | 2 Min. Walk Cool Down | 5 Min. Walk Cool Down |
| April 3-9 | Walk 2 Min Warm Up | SAME AS TUESDAY | Walk 5 Min Warm Up |
| | 9 Miles easy walk if needed | | 12 Mile Long Run |
| | 2 Min. Walk Cool Down | | 5 Min. Walk Cool Down |
| April 10-16 | Walk 2 Min Warm Up | SAME AS TUESDAY | 9 Mile Long Run |
| | 6 Miles Easy walk if needed | | Jog/walk as needed |
| | 2 Min. Walk Cool Down | | 5 Min. Walk Cool Down |
| April 27-23 | Walk 2 Min Warm Up | SAME AS TUESDAY | Walk 5 Min Warm Up |
| | 4 Miles Easy walk if needed | | 5 Mile Long Run |
| | 2 Min. Walk Cool Down | | Jog/walk as needed |
| | | | 5 Min. Walk Cool Down |
| April 24-30 | Walk 2 Min Warm Up | SAME AS TUESDAY | Marathon!!!! |
| | 3 Miles Jog/walk as needed | | |
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