

Beginner Running Program

17 Week Program Begins

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
January 1-7	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 3 Minutes/Walk 90 Sec		Jog 3 Minutes/Walk 90 Sec
	Jog 5 Minutes/Walk 3 Min		Jog 5 Minutes/Walk 2 1/2 Min
	Jog 3 Minutes/Walk 90 Sec		Jog 3 Minutes/Walk 90 Sec
	Jog 5 Minutes		Up to 3 Miles
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
January 8-14	Walk 5 Min Warm Up	5 Min Warm Up	Walk 5 Min Warm Up
	Jog 5 Minutes/Walk 3 Min	Jog 8 Min/wlk 3	Jog 5 Minutes/Walk 3 Min
	Jog 5 Minutes/Walk 3 Min	Jog 8 Min/wlk 3	Up To 4 Miles
	Jog 5 Minutes/Walk 3 Min	Jog 8 Min/wlk 3	
	Jog 5 Minutes	Jog 5 Minutes	
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
January 15-21	Walk 5 Min Warm Up	5 Min Warm Up	Walk 5 Min Warm Up
	Jog 5 Minutes/Walk 3 Min	Jog 10 Min/wlk 3	Jog 8 Minutes/Walk 3 Min
	Jog 8 Minutes/Walk 3 Min	Jog 10 Min/wlk 3	Up To 4 Miles
	Jog 5 Minutes/Walk 3 Min	Jog 5 Min/wlk 3	
	Jog 5 Minutes	Jog 5 Minutes	
	5 Min. Walk Cool Down	5 Min. Wlk Cool Dn	5 Min. Walk Cool Down
January 22-28 (Recovery)	Walk 5 Min Warm Up	SAME AS Tue/Wed	Walk 5 Min Warm Up
	Jog 25 Min/Walk if need to		Jog 30 Min/Walk if need to
	5 Min. Walk Cool Down		5 Min. Walk Cool Down
Walk anytime you need to during the training. If new to running run on track or soft surface first two weeks.			