

WEEK 1

Sunday

Off

Monday

Walk: 15–30 min
As the expression goes: "Walk before you run." Walking strengthens muscles and connective tissue. So when you do run, you'll be ready for it.

Tuesday

Off

Wednesday

Walk: 15–30 min
Delayed onset muscle soreness (DOMS) tends to peak 48 hours after exercise. If you're sore today, it may mean you walked too fast or too far on Monday. If that's the case, do a little less or go a little slower today. (If the pain is really bad, take the day off.)

Thursday

Off

WEEK ONE THOUGHTS

This "base training" phase is for runners who haven't been regularly exercising for at least a few weeks. If you've been running a bit but not consistently, use this as a loose guide to help you ease in.

Friday

Walk: 15–30 min

Stick with walking. Your body needs to adapt. You can expect fortified muscles for your first jogging next Monday.

Saturday

OFF or 15–30 min walking
Going for a walk (if you feel good) can help establish your new training routine in the early weeks.

WEEK 2

Off

Walk or jog 20–30 min. Include: 5 min walk warmup, then 10 × 30 sec. jogging surges, with at least 1 min walking in between.
Don't turn "jogging" into "running" (or sprinting). You should be 100% comfortable during surges. Do not push it!

Off

WEEK TWO THOUGHTS

One of the most destructive sayings in fitness is, "No pain, no gain." On the contrary, if your training is painful at this point, you're doing it wrong.

Walk: 15–60 min
No jogging today. Instead, extend your walk if your legs are feeling good.

Off

Walk or jog 30–40 min. Include: 5 min. walk warm up, then 10 × 1 min. jogging surges, with at least 1 min walking in between.
Be patient. In a little over a week you'll be doing a continuous distance run.

OFF or 15–60 min walking
Two jogging sessions for this week are enough. Enjoy this walk.

WEEK 3

Off

Walk or run easy 30–40 min. Include: 5 min walk warmup, then 5–10 × 2 min easy running surges, with 1 min walking in between. Walk for remaining time.
Increase effort slightly from jogging, but you shouldn't be breathing hard or in pain. Do as many reps as you feel comfortable with.

Off

Walk or run easy 30–40 min. Include: 5 min walk warmup, then 8–10 × 2 min easy running surges, with 1 min walking in between. Walk for remaining time.
Complete at least 8 reps. If you're sore or tired, you may have run too hard on Monday. Slow down the pace today.

Off

WEEK THREE THOUGHTS

By this point, you probably want to run more. But if you can't finish 10 reps on Friday, repeat this week until you can. Be patient. It's worth it in the long run.

Walk or run easy 35–40 min. Include: 5 min walk warmup, then 10 × 2 min easy running surges, with 1 min walking in between. Walk for remaining time.
10 reps equals 20 min. of running. A great build!

OFF or 15–60 min walking
Enjoy your last all-walking workout. This recovery session helps your muscles heal from the week by bringing them increased blood flow.