

BASIC RUNNING PROGRAMS

GET STARTED RUNNING IN 2009

Running isn't actually as hard as you'd think! Follow the tips and beginners programs below and you'll surprise yourself - I promise!

Section 1

Weeks 1 – 6

Prog1. Absolute beginner

5 mins warm up: fast walking pace

**2 mins jogging (just out of walking
pace)**

2 min walking

Repeat x 3 – 5

Prog2:

5 min warm up: fast walking pace

5 min jogging

2 – 3 min walking

Repeat x 3

Prog 3:

5 min warm up: fast walking pace

8 min jogging

2 min walking

Repeat x 3

OVERALL WEEKLY VIEW

MON	TUES	WED	THURS	FRI
PROG 1/2/3	Constant 20 - 30 min workout on either x- trainer or bike	REST	WEIGHTS FOR RUNNING WORKOUT	PROG 1/2/3

**Do this program for 4 – 6 weeks
running inside or outside then move
on to section 2 – coming up next
month!**