



7 - WEEK

HOW TO RUN NONSTOP

This seven-week plan will help you transition from run/walk to running without walk breaks. This plan begins with a 25-minute run/walk and builds up gradually, so that by the end you'll be able to run for 30 minutes—without stopping! The plan includes four workouts per week with an optional fifth day. If you don't have time for the longest workout of each week, it's okay to split it in half. If you'd like to take a more gradual approach, you can repeat any week, or every week.

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JUMP TO:

[TRAINING PLAN](#) • [WORKOUT KEY](#)



RUN NONSTOP TRAINING PLAN

WEEK 1	DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>	DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>55 min</u> Run/Walk	Rest
WEEK 2	DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>	DAY 11 <input type="checkbox"/>	DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>55 min</u> Run/Walk	Rest
WEEK 3	DAY 15 <input type="checkbox"/>	DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>	DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>	DAY 21 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>55 min</u> Run/Walk	Rest
WEEK 4	DAY 22 <input type="checkbox"/>	DAY 23 <input type="checkbox"/>	DAY 24 <input type="checkbox"/>	DAY 25 <input type="checkbox"/>	DAY 26 <input type="checkbox"/>	DAY 27 <input type="checkbox"/>	DAY 28 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>55 min</u> Run/Walk	Rest
WEEK 5	DAY 29 <input type="checkbox"/>	DAY 30 <input type="checkbox"/>	DAY 31 <input type="checkbox"/>	DAY 32 <input type="checkbox"/>	DAY 33 <input type="checkbox"/>	DAY 34 <input type="checkbox"/>	DAY 35 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>55 min</u> Run/Walk	Rest
WEEK 6	DAY 36 <input type="checkbox"/>	DAY 37 <input type="checkbox"/>	DAY 38 <input type="checkbox"/>	DAY 39 <input type="checkbox"/>	DAY 40 <input type="checkbox"/>	DAY 41 <input type="checkbox"/>	DAY 42 <input type="checkbox"/>
	<u>25 min</u> Run/Walk	<u>40 min</u> Run/Walk	Rest or 20 min Walk	<u>40 min</u> Run/Walk	Rest	<u>50 min</u> Run/Walk	Rest
WEEK 7	DAY 43 <input type="checkbox"/>	DAY 44 <input type="checkbox"/>	DAY 45 <input type="checkbox"/>	DAY 46 <input type="checkbox"/>	DAY 47 <input type="checkbox"/>	DAY 48 <input type="checkbox"/>	DAY 49 <input type="checkbox"/>
	<u>20 min</u> Run/Walk	<u>30 min</u> Run/Walk	Rest	<u>20 min</u> Run/Walk	Rest	5K Fun Run or 30 min Run	Rest or 20 min Walk

WORKOUT KEY

- Day 1:**
- Walk 3 minutes to warm up
 - Run 3 minutes/walk 2 minutes
 - Repeat sequence 3 more times for a total of 4 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 25 minutes, 12 of which are running

- Day 2:**
- Walk 5 minutes to warm up
 - Run 3 minutes/walk 2 minutes
 - Repeat sequence 5 more times for a total of 6 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 18 of which are running

- Day 4:**
- Walk 5 minutes to warm up
 - Run 3 minutes/walk 2 minutes
 - Repeat sequence 5 more times for a total of 6 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 18 of which are running

- Day 6:**
- Walk 5 minutes to warm up
 - Run 3 minutes/walk 2 minutes
 - Repeat sequence 8 more times for a total of 9 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 55 minutes, 27 of which are running

- Day 8:**
- Walk 3 minutes to warm up
 - Run 4 minutes/walk 1 minute
 - Repeat sequence 3 more times for a total of 4 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 25 minutes, 16 of which are running

- Day 9:**
- Walk 5 minutes to warm up
 - Run 4 minutes/walk 1 minute
 - Repeat sequence 5 more times for a total of 6 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 24 of which are running

- Day 11:**
- Walk 5 minutes to warm up
 - Run 4 minutes/walk 1 minute
 - Repeat sequence 5 more times for a total of 6 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 24 of which are running

- Day 13:**
- Walk 5 minutes to warm up
 - Run 4 minutes/walk 1 minute
 - Repeat sequence 8 more times for a total of 9 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 55 minutes, 36 of which are running
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- Day 15:**
- Walk 4 minutes to warm up
 - Run 5 minutes/walk 1 minute
 - Repeat sequence 2 more times for a total of 3 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 25 minutes, 15 of which are running
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- Day 16:**
- Walk 5 minutes to warm up
 - Run 5 minutes/walk 1 minute
 - Repeat sequence 4 more times for a total of 5 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 25 of which are running
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- Day 18:**
- Walk 5 minutes to warm up
 - Run 5 minutes/walk 1 minute
 - Repeat sequence 4 more times for a total of 5 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 25 of which are running
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- Day 20:**
- Walk 4 minutes to warm up
 - Run 5 minutes/walk 1 minute
 - Repeat sequence 7 more times for a total of 8 times
 - Cool down with 3 minutes of walking
- **Total workout time:** 55 minutes, 40 of which are running
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- Day 22:**
- Walk 2 minutes to warm up
 - Run 6 minutes/walk 1 minute
 - Repeat sequence 2 more times for a total of 3 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 25 minutes, 18 of which are running
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- Day 23:**
- Walk 3 minutes to warm up
 - Run 6 minutes/walk 1 minute
 - Repeat sequence 4 more times for a total of 5 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 40 minutes, 30 of which are running
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- Day 25:**
- Walk 3 minutes to warm up
 - Run 6 minutes/walk 1 minute
 - Repeat sequence 4 more times for a total of 5 times
 - Cool down with 2 minutes of walking
- **Total workout time:** 40 minutes, 30 of which are running

Day 27:

- Walk 3 minutes to warm up
- Run 6 minutes/walk 1 minute
- Repeat sequence 6 more times for a total of 7 times
- Cool down with 3 minutes of walking

→ **Total workout time:** 55 minutes, 42 of which are running

Day 29:

- Walk 3 minutes to warm up
- Run 8 minutes/walk 2 minutes
- Repeat sequence 1 more time for a total of 2 times
- Cool down with 2 minutes of walking

→ **Total workout time:** 25 minutes, 16 of which are running

Day 30:

- Walk 5 minutes to warm up
- Run 8 minutes/walk 2 minutes
- Repeat sequence 2 more times for a total of 3 times
- Cool down with 5 minutes of walking

→ **Total workout time:** 40 minutes, 24 of which are running

Day 32:

- Walk 5 minutes to warm up
- Run 8 minutes/walk 2 minutes
- Repeat sequence 2 more times for a total of 3 times
- Cool down with 5 minutes of walking

→ **Total workout time:** 40 minutes, 24 of which are running

Day 34:

- Walk 5 minutes to warm up
- Run 8 minutes/walk 1 minute
- Repeat sequence 4 more times for a total of 5 times
- Cool down with 5 minutes of walking

→ **Total workout time:** 55 minutes, 40 of which are running

Day 36:

- Walk 3 minutes to warm up
- Run 9 minutes/walk 1 minute
- Repeat sequence 1 more time for a total of 2 times
- Cool down with 2 minutes of walking

→ **Total workout time:** 25 minutes, 18 of which are running

Day 37:

- Walk 5 minutes to warm up
- Run 9 minutes/walk 1 minute
- Repeat sequence 2 more times for a total of 3 times
- Cool down with 5 minutes of walking

→ **Total workout time:** 40 minutes, 27 of which are running

Day 39:

- Walk 5 minutes to warm up
- Run 9 minutes/walk 1 minute
- Repeat sequence 2 more times for a total of 3 times
- Cool down with 5 minutes of walking

→ **Total workout time:** 40 minutes, 27 of which are running

- Day 41:**
- Walk 5 minutes to warm up
 - Run 9 minutes/walk 1 minute
 - Repeat sequence 3 more times for a total of 4 times
 - Cool down with 5 minutes of walking
- **Total workout time:** 50 minutes, 36 of which are running
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- Day 43:**
- Walk 3 minutes to warm up
 - Run 15 minutes
 - Cool down with 2 minutes of walking
- **Total workout time:** 20 minutes, 15 of which are running
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- Day 44:**
- Walk 5 minutes to warm up
 - Run 20 minutes
 - Cool down with 5 minutes of walking
- **Total workout time:** 30 minutes, 20 of which are running
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- Day 46:**
- Walk 3 minutes to warm up
 - Run 15 minutes
 - Cool down with 2 minutes of walking
- **Total workout time:** 20 minutes, 15 of which are running
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- Day 48:**
- Walk 5 minutes to warm up
 - Run 30 minutes
 - Cool down with 5 minutes of walking
- **Total workout time:** 40 minutes, 30 of which are running