



1 2 - S T A G E

BEGINNER RUN PLAN



This beginner plan gradually builds your endurance using run/walk intervals in workouts of about 30 minutes each. By the end of the program, you'll be able to run for 30 minutes straight! Repeat each workout at least three or four times a week before you move on to the next stage. Ideally, you will only move from one stage to the next when you have conquered the previous stage. For example, move to stage three after you can confidently complete four minutes of walking and one minute of running for five total rounds (the steps of stage two).

UNLOCK A STRONGER, HEALTHIER YOU WITH OUR [**RUNNING FOR WEIGHT LOSS**](#) & [**HOW TO START RUNNING**](#) PROGRAMS!

JUMP TO:

[TRAINING PLAN](#) • [WORKOUT KEY](#)



BEGINNER RUN PLAN

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------|-----------------|-------|-----------------|-------|-----------------|-----------------|-------|
| STAGE 1 | 30 min Walk | Rest | 30 min Walk | Rest | 30 min Walk | 30 min Walk | Rest |
| STAGE 2 | 29 min Run/Walk | Rest | 29 min Run/Walk | Rest | 29 min Run/Walk | 29 min Run/Walk | Rest |
| STAGE 3 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 4 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 5 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 6 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |



BEGINNER RUN PLAN

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----------|--------------------|-------|--------------------|-------|--------------------|--------------------|--------------------|
| STAGE 7 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 8 | 35 min Run/Walk | Rest | 35 min Run/Walk | Rest | 35 min Run/Walk | 35 min Run/Walk | Rest |
| STAGE 9 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 10 | 33 min Run/Walk | Rest | 33 min Run/Walk | Rest | 33 min Run/Walk | 33 min Run/Walk | Rest |
| STAGE 11 | 34 min Run/Walk | Rest | 34 min Run/Walk | Rest | 34 min Run/Walk | Rest | 34 min Run/Walk |
| STAGE 12 | 36 min Run/Walk | Rest | 36 min Run/Walk | Rest | 36 min Run/Walk | Rest | 36 min Run/Walk |

WORKOUT KEY

► Stage 1

Build up to 30 minutes of nonstop walking

► Stage 2

- Walk 4 minutes/run 1 minute
- Repeat sequence 4 more times for a total of 5 times
- End with 4 minutes of walking

→ **Total workout time:** 29 minutes, 5 of which are running

► Stage 3

- Walk 4 minutes/run 2 minutes
- Repeat sequence 4 more times for a total of 5 times
- End with 3 minutes of walking

→ **Total workout time:** 33 minutes, 10 of which are running

► Stage 4

- Walk 3 minutes/run 3 minutes
- Repeat sequence 4 times for a total of 5 times
- End with 3 minutes of walking

→ **Total workout time:** 33 minutes, 15 of which are running

► Stage 5

- Walk 2:30 minutes/run 5 minutes
- Repeat sequence 3 more times for a total of 4 times
- End with 3 minutes of walking

→ **Total workout time:** 33 minutes, 20 of which are running

► Stage 6

- Walk 3 minutes/run 7 minutes
- Repeat sequence 2 more times for a total of 3 times
- End with 3 minutes of walking

→ **Total workout time:** 33 minutes, 21 of which are running

► Stage 7

- Walk 2 minutes/run 8 minutes
- Repeat sequence 2 more times for a total of 3 times
- End with 3 minutes of walking

→ Total workout time: 33 minutes, 24 of which are running

► Stage 8

- Walk 2 minutes/run 9 minutes
- Repeat that sequence 1 more time for a total of 2 times
- Then, walk 2 minutes/run 8 minutes
- End with 3 minutes of walking

→ Total workout time: 35 minutes, 26 of which are running

► Stage 9

- Walk 1 minute/run 9 minutes
- Repeat sequence 2 more times for a total of 3 times
- End with 3 minutes of walking

→ Total workout time: 33 minutes, 27 of which are running

► Stage 10

- Walk 2 minutes/run 13 minutes
- Repeat sequence 1 more time for a total of 2 times
- End with 3 minutes of walking

→ Total workout time: 33 minutes, 26 of which are running

► Stage 11

- Walk 2 minutes/run 14 minutes
- Then, walk for 1 minute/run for 14 minutes
- End with 3 minutes of walking

→ Total workout time: 34 minutes, 28 of which are running

► Stage 12

- Walk 3 minutes (or longer, if you want)
- Run 30 minutes nonstop
- End with 3 minutes of walking

→ Total workout time: 36 minutes, 30 of which are running