



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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# RUN NONSTOP TRAINING PLAN



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