



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