

THE FIRST THREE MILES



BEFORE EVERY RUN: a brisk 5 minute warm-up

AFTER EVERY RUN: 5 minutes of stretching

| | monday | wednesday | friday |
|--------|--|--|--|
| week 1 | 20 minutes walk/jog alternating every minute | 20 minutes walk/jog alternating every minute | 20 minutes walk/jog alternating every minute |
| week 2 | 25 minutes walk/jog alternating every minute | 30 minutes walk/jog alternating every 90 seconds | 25 minutes walk/jog alternating every minute |
| week 3 | 30 minutes walk/jog alternating every two minutes | 30 minutes walk/jog alternating every three minutes | 30 minutes walk/jog alternating every two minutes |
| week 4 | 2 ¼ miles jog ½ mile, walk ¼ mile repeat x3 | 2 ¼ miles jog ½ mile, walk ¼ mile repeat x3 | 2 ¼ miles jog ½ mile, walk ¼ mile repeat x3 |
| week 5 | 2 ½ miles jog ½ mile, walk ⅛ mile repeat x4 | 2 ½ miles jog ½ mile, walk ⅛ mile repeat x4 | 2 ½ miles jog ½ mile, walk ⅛ mile repeat x4 |
| week 6 | 3 miles jog ¾ mile, walk ¼ mile repeat x3 | 3 miles jog ¾ mile, walk ¼ mile repeat x3 | 3 miles jog ¾ mile, walk ¼ mile repeat x3 |
| week 7 | 3 ¾ miles jog 1 mile, walk ¼ mile repeat x3 | 3 miles jog 2 miles, walk ¼ mile, then jog ¾ miles | 3 ¾ miles jog 1 mile, walk ¼ mile repeat x3 |
| week 8 | 2 ¾ miles jog 1 ¼ miles, walk ⅛ mile repeat x2 | 3 ¼ miles jog 1 ½ miles, walk ⅛ mile repeat x2 | 3 miles jog 3 miles straight without stopping |

Instructions: cross off each workout as you complete it to stay motivated.

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