



BEGINNER TRAINING PLAN

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|--|---------|--|-----------|--------|--|--------|
| 1 | 8 x 1 minute run w/ 1 minute walk. | Rest. | 10 x 1 minute run w/ 1 minute walk. | Rest. | Rest. | 6 x 1:30 run w/ 1 minute walk. | Rest. |
| 2 | 12 x 1 minute run w/ 1 minute walk. | Rest. | 8 x 1:30 run w/ 1 minute walk. | Rest. | Rest. | 6 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk. | Rest. |
| 3 | 4 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk. | Rest. | 8 x 2 minute run w/ 1 minute walk. | Rest. | Rest. | 2 x 3 minute run w/ 1 minute walk + 4 x 2 minute run w/ 1 minute walk + 4 x 1 minute run w/ 1 minute walk. | Rest. |
| 4 | 12 x 1 minute jog w/ 30 second walk. | Rest. | 8 x 2 minute run w/ 30 second walk. | Rest. | Rest. | 2 x 4 minute run w/ 1 minute walk + 4 x 3 minute run w/ 30 second walk. | Rest. |
| 5 | 4 x 4 minute run w/ 1 minute walk. | Rest. | 5 minute run + 3 x 3 minute run w/ 30 second walk + 2 x 2 minute run w/ 30 second walk. | Rest. | Rest. | 3 x 5 minute run w/ 1 minute walk + 5 x 1 minute run w/ 30 second walk. | Rest. |
| 6 | 8 minute run w/ 1 minute walk + 2 x 5 minute run w/ 30 second walk + 2 x 4 minute run w/ 30 second walk. | Rest. | 2 x 8 minute run w/ 1 minute walk. | Rest. | Rest. | 2 x 10 minute run w/ 1 minute walk + 4 x 1 minute run w/ 15 second walk. | Rest. |
| 7 | 10 minute run w/ 1 minute walk + 5 minute run w/ 1 minute walk. | Rest. | 15 minute run w/ 1 minute walk + 10 minute run w/ 1 minute walk + 8 minute run w/ 1 minute walk. | Rest. | Rest. | 2 x 15 minute run w/ 1 minute walk. | Rest. |
| 8 | 10 minute run + 6 minute run + 4 minute run + 2 minute run (all with 30 second walk recovery) | Rest. | Rest. | Race Day! | | | |

