

BUNNING

LEARN TO RUN IN 8 WEEKS

A few things to bear in mind:

- Before setting out, make sure to precede each session with a five minute warmup walk or jog.
- Be sure to stretch both before and after your workout.
- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Take heart - you will get there!

Week	Workout 1	Workout 2	Workout 3
1	<input type="checkbox"/> Run 1 Minute, Walk 90 sec (8x)	<input type="checkbox"/> Run 1 Minute, Walk 90 sec (8x)	<input type="checkbox"/> Run 1 Minute, Walk 90 sec(8x)
2	<input type="checkbox"/> Run 2 Minutes, Walk 1 Minute (7x)	<input type="checkbox"/> Run 2 Minutes, Walk 1 Minute (7x)	<input type="checkbox"/> Run 2 Minutes, Walk 1 Minute (7x)
3	<input type="checkbox"/> Run 3 Minutes, Walk 1 Minute (6x)	<input type="checkbox"/> Run 3 Minutes, Walk 1 Minute (6x)	<input type="checkbox"/> Run 3 Minutes, Walk 1 Minute (6x)
4	<input type="checkbox"/> Run 5 Minutes, Walk 2 Minutes (4x)	<input type="checkbox"/> Run 5 Minutes, Walk 2 Minutes (4x)	<input type="checkbox"/> Run 5 Minutes, Walk 2 Minutes (4x)
5	<input type="checkbox"/> Run 8 Minutes, Walk 2 Minutes (3x)	<input type="checkbox"/> Run 8 Minutes, Walk 2 Minutes (3x)	<input type="checkbox"/> Run 8 Minutes, Walk 2 Minutes (3x)
6	<input type="checkbox"/> Run 12 Minutes, Walk 1 Minute (3x)	<input type="checkbox"/> Run 12 Minutes, Walk 1 Minute (3x)	<input type="checkbox"/> Run 12 Minutes, Walk 1 Minute (3x)
7	<input type="checkbox"/> Run 15 Minutes, Walk 1 Minute, Run 15 Minutes	<input type="checkbox"/> Run 15 Minutes, Walk 1 Minute, Run 15 Minutes	<input type="checkbox"/> Run 15 Minutes, Walk 1 Minute, Run 15 Minutes
8	<input type="checkbox"/> Run 30 Minutes, Continuously		

Congratulations! You're a real runner! What next? How about a 5K (3.1-mile) race?

*Gymboss will not be responsible for any injury sustained while running.
Consult a doctor before starting any exercise program.*