



Beginner Training Schedule

Congratulations on your road to better health and your goal of beginning a regular running routine. If you have any health problems you should consult your physician before you begin. A few things to remember as you get started. Your feet, knees, muscles etc. are going to hurt as you get started but it does get better.

With anyone running the key is to purchase a good running shoe before you begin. Here are a few suggestions for your running routine. Depending on your physical activity level you may have to add or subtract some time from these intervals.

A common suggestion to run twice per week and get in a long walk as your third exercise until your body gets adjusted.

Week 1 – Run two minutes and walk two minutes follow these interval times for up to 3 miles. (Again depending on your physical activity level).

Week 2 – follow week 1 schedule.

Week 3 – Run three minutes and walk three minutes follow these interval times for up to 3 miles. (Again depending on your physical activity level).

Week 4 – follow week 3 schedule.

Week 5 – add in a third day of running.

The above training schedule is a suggestion only. Make sure to do what your body will allow you to do.