

Beginners

This program is designed to get you started. The same work-out should be performed 4 times in one week before moving to the next week.

First Week - 20 minute walk

Second Week - 30 minute walk

Third Week - Run 2 minutes, walk 4 minutes. Complete 5 times.

Fourth Week - Run 3 minutes, walk 3 minutes. Complete 5 times.

Fifth Week - Run 5 minutes, walk 2.5 minutes. Complete 4 times.

Sixth Week - Run 7 minutes, walk 3 minutes. Complete 3 times.

Seventh Week - Run 8 minutes, walk 2 minutes. Complete 3 times.

Eight Week - Run 10 minutes, walk 2 minutes. Complete 3 times.

Ninth Week - Run 12 minutes, walk 3 minutes. Complete 3 times.

Tenth Week - Run 13 minutes, walk 2 minutes. Complete 3 times.

Eleventh Week - Walk 10 minutes, Run 20 minutes, Walk 10 minutes.

Twelfth Week - Walk 8 minutes, Run 24 minutes, Walk 10 minutes.

Thirteenth Week - Walk 5 minutes, Run 30 minutes, walk 10 minutes.

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Thursday</u>	<u>Saturday</u>
14	w-5, run-30, w-5	w-10, r-20, w-10	r-30	w-5, r-20, w-5, r-20, w-10
15	r - 30	r - 25	r-30	w-5, r-25, w-5, r-25, w-5, r-5
16	r-20	r-20	r-20	GUMTREE

w = walk r = run

On race day, try to run 3 times for 20 minutes. For example, start by running 20 minutes, then walk for about 5 minutes or until your heart rate goes down, then run for 20 minutes and repeat this process until finished. Remember that there are 4 water stops and you need to drink at least a cup of water at each.