

## “New to Running” Training Weeks

Taking the first steps to integrating running into your routine can be as exciting as it is nerve wracking! Start of slow and work your way into a new running routine to avoid injuries and to have fun along the process!

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Workout	Walk 5 minutes to warm-up, then run one minute, walk one minute for 20 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, elliptical, or swimming)	Walk 5 minutes to warm-up, then run one minute, walk one minute for 20 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, elliptical, or swimming)	Recovery Day (walking, cycling, elliptical, or swimming)	Walk 5 minutes to warm-up, then run two minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	OFF
Additional Exercises	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Stretching and foam rolling

## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Workout	Walk 5 minutes to warm-up, then run two minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, or swimming)	Walk 5 minutes to warm-up, then run two minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, elliptical, or swimming)	Recovery Day (walking, cycling, elliptical, or swimming)	Walk 5 minutes to warm-up, then run three minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	OFF
Additional Exercises	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Stretching and foam rolling

## Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Workout	Jog 5 minutes to warm-up, then run two minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, elliptical, or swimming)	Jog 5 minutes to warm-up, then run three minutes, walk one minute for 21 minutes total, 5 minutes walking cool-down.	Recovery Day (walking, cycling, elliptical, or swimming)	Recovery Day (walking, cycling, elliptical, or swimming)	Jog 5 minutes to warm-up, then run 5 minutes, walk 1 minute, run 7 minutes, walk 1 minute, run 5 minutes, for 19 minutes total, plus 5 minutes walking cool-down.	OFF
Additional Exercises	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Core (20 Sit ups)	Stretching and foam rolling	Stretching and foam rolling