

# 1 MONTH SAMPLE RUNNING PLAN

\*If you are brand new to running, please take 2 weeks prior to this plan and walk for 30 minutes at least 5 days per week.\*

## Week 1:

MONDAY: strength train and stretch  
TUESDAY: Run Workout 1  
WEDNESDAY: rest day or yoga  
THURSDAY: Walk 30 minutes  
FRIDAY: strength train and stretch  
SATURDAY: Run Workout 1  
SUNDAY: rest day + stretch

## Week 2:

MONDAY: strength train and stretch  
TUESDAY: Run Workout 3  
WEDNESDAY: rest day or yoga  
THURSDAY: Run Workout 1  
FRIDAY: strength train and stretch  
SATURDAY: Run Workout 2  
SUNDAY: rest day + stretch

## Week 3:

MONDAY: strength train and stretch  
TUESDAY: Run Workout 1  
WEDNESDAY: rest day or yoga  
THURSDAY: Run Workout 2  
FRIDAY: strength train and stretch  
SATURDAY: Run Workout 3  
SUNDAY: rest day + stretch

## Week 4:

MONDAY: strength train and stretch  
TUESDAY: Run Workout 3  
WEDNESDAY: rest day or yoga  
THURSDAY: Run Workout 4  
FRIDAY: strength train and stretch  
SATURDAY: Run Workout 5  
SUNDAY: rest day + stretch

### RUN WORKOUT 1

Run for 15 seconds, walk for 30 seconds.  
Repeat 5x  
Run for 30 seconds, walk for 1 minute.  
Repeat 5x.  
Run for 40 seconds, walk for 1 minute.  
Repeat 3x.  
End with 10 minutes walking.

### RUN WORKOUT 4

Run for 15 seconds, walk for 30 seconds.  
Repeat 10x  
Run for 30 seconds, walk for 1 minute.  
Repeat 10x.  
Run for 40 seconds, walk for 1 minute.  
Repeat 6x.

### RUN WORKOUT 2

Run as long as you can and time yourself. Multiply that time by 3, and rest for that amount. Repeat this step until you have been moving for 20 minutes. End with 10 minutes walking.

### RUN WORKOUT 3

Walk 5 minutes, run 3 minutes. Walk 3 minutes, run 1 minute. Repeat.  
Walk 1 minute, run 30 seconds. Repeat 4x.

### RUN WORKOUT 5

Run 2 minutes, walk 1 minute for 25 minutes.

*Try your best to keep up with these times, but if you need to incorporate more walking as you get started, do that! You will improve over time. You can use this plan over and over as you become a better runner, and decrease your walking time as your endurance gets better!*

xo,  
Bess