

Beginner's running programme – from nothing to 30 minutes in 8 weeks

Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 30 minutes in a period of 8 weeks.

All you need to do is to make a commitment to run at least **3** times per week. Follow this simple run / walk programme which will gradually ease you towards the goal.

A few things to bear in mind:

- Wear proper running shoes. Females: wear a supportive sports bra.
- Allow at least a day's recovery in between runs when you begin.
- If in doubt, *slow down*. You should be able to hold a conversation while you run.
- Walk purposefully, don't dawdle, and be strict with your run / walk timings.
- Don't be afraid to repeat a week or drop back a week; everyone's different.

The Schedule:

	Running time	Walking time	Frequency	Times per week
Week 1	Run 1 min	Walk 90 seconds	Repeat 8 times	Do 3 times p/w
Week 2	Run 2 mins	Walk 1 min	Repeat 7 times	Do 3 times p/w
Week 3	Run 3 mins	Walk 1 min	Repeat 6 times	Do 3 times p/w
Week 4	Run 5 mins	Walk 2 mins	Repeat 4 times	Do 3 times p/w
Week 5	Run 8 mins	Walk 2 mins	Repeat 3 times	Do 3 times p/w
Week 6	Run 12 mins	Walk 1 min	Repeat 3 times	Do 3 times p/w
Week 7	Run 15 mins	Walk 1 min	Run 15 mins	Do 3 times p/w
Week 8	Run 30 mins continuously			