



Below is a schedule to use as a basis for your training. Remember though, everyone is unique and the programme may be too difficult for some and too easy for others. Use it as a rough guideline

Remember - when you take up running try not do too much at first, -and never compare yourself with others, it's not a race, its about you and your pace

Absolute Beginners		
Week	Time to run in minutes	Total running time
1	Run 1-1-2-2-1-1 (2 min walk in between each run)	8
2	1-1-2-3-2-1 (2 min walk in between)	10
3	1-2-3-3-2-1 (2 min walk in between)	12
4	2-5-5-3 (1½ walk in between)	15
5	2-5-8-3 (1 min walk in between)	18
6	2-3-10-3 (1 min walk in between)	18
7	4-12-4 (1 min walk in between)	20
8	3-14-3 (1 min walk in between)	20
9	2-16-2 (1 min walk in between)	20
10	20 non-stop !	20

Basically the running time and walking time switches as you build up your stamina.

If you feel that you are not being stretched each week move on to the next step the same week. Alternatively if you get to stage 10 sooner than you anticipated then move onto step 6 for intermediates

Intermediate	
Week	Time
1	Run 10 mins, walk 1 ½ repeat once
2	Run 12 mins, walk 1 min, run 8 mins
3	Run 15 mins, walk 1 min, run 5 mins
4	Run 20 mins non-stop
5	Run 20 mins non-stop
6	Run 22 mins non-stop
7	Run 25 mins non-stop
8	Run 28 mins non-stop
9	Run 30 mins non-stop
10	Run 30 mins non-stop