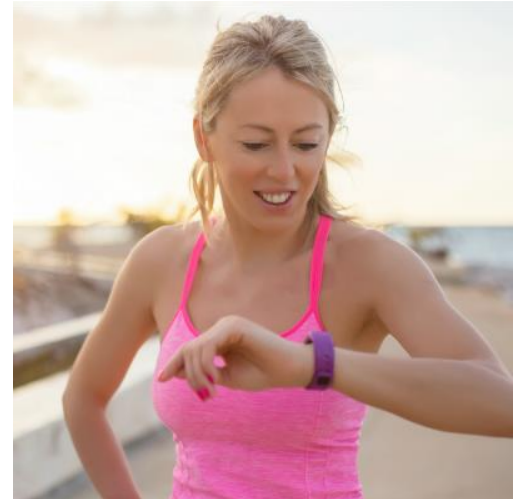


A Beginner's Guide to Running Your First 2 Miles

Whether your motivation is to lose weight, gain energy, improve your health, or all of the above, you have made a great decision in getting off the couch and into your running shoes.

The key to beginning a running program is to start off slow. This 8-week beginner's training program offered by Runner's World is a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking. It is designed to get you to the point where you can run 30 minutes (about 2 miles) at a slow, relaxed pace.



Week 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	Rest
Run 1 min. Walk 2 min. Repeat 10x	Walk easy 30 min	Run 1 min. Walk 2 min. Repeat 10x	Walk easy 30 min	Run 1 min. Walk 2 min. Repeat 10x	Run 1 min. Walk 2 min. Repeat 10x	

Week 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	Rest
Run 2 min. Walk 1 min. Repeat 10x	Walk easy 30 min	Run 3 min. Walk 1 min. Repeat 7x Run 2 min	Walk easy 30 min	Run 4 min. Walk 1 min. Repeat 6x	Run 4 min. Walk 1 min. Repeat 6x	

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Week 3

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u> Run 5 min. Walk 1 min. Repeat 5x	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 5 min. Walk 1 min. Repeat 5x	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 6 min. Walk 1 min. Repeat 4x Run 2 min	<u>Run and walk</u> Run 6 min. Walk 1 min. Repeat 4x Run 2 min	Rest

Week 4

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u> Run 8 min. Walk 1 min. Repeat 3x Run 3 min	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 9 min. Walk 1 min. Repeat 3x	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 10 min. Walk 1 min. Repeat 2x Run 8 min	<u>Run and walk</u> Run 11 min. Walk 1 min. Repeat 2x Run 6 min	Rest

Week 5

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u> Run 12 min. Walk 1 min. Repeat 2x Run 4 min	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 13 min. Walk 1 min. Repeat 2x Run 2 min	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 14 min. Walk 1 min. Repeat 2x	<u>Run and walk</u> Run 15 min. Walk 1 min. Run 14 min	Rest

Week 6

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u> Run 16 min. Walk 1 min. Run 13 min	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 17 min. Walk 1 min. Run 12 min	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 18 min. Walk 1 min. Run 11 min	<u>Run and walk</u> Run 19 min. Walk 1 min. Run 10 min	Rest

Week 7

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Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	Rest
Run 20 min. Walk 1 min. Run 9 min.	Run 20 min. Walk 1 min. Run 9 min.	Run 22 min. Walk 1 min. Run 7 min.	Walk easy 30 min	Run 24 min. Walk 1 min. Run 5 min	Run 26 min. Walk 1 min. Run 3 min	

Week 8

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	<u>Walk</u>	<u>Run and walk</u>	<u>Run and walk</u>	Rest
Run 27 min. Walk 1 min. Run 2 min.	Run 20 min. Walk 1 min. Run 9 min.	Run 28 min. Walk 1 min. Run 1 min.	Walk easy 30 min	Run 29 min. Walk 1 min.	Run 30 min.	

Source: 2004 Issue of Runner's World

<http://www.runnersworld.com/article/0,7120,s6-238-520--9397-3-1X5-3,00.html>