

# 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> Run 1 min. Walk 2 min. Repeat 10x	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 1 min. Walk 2 min. Repeat 10x	<u>Walk</u> Walk easy 30 min	<u>Run and walk</u> Run 1 min. Walk 2 min. Repeat 10x	<u>Run and walk</u> Run 1 min. Walk 2 min. Repeat 10x	Rest

## Week 2

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



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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 4 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 14 min. Walk 1 min. Repeat 2x	<u>Run and walk</u>  Run 15 min. Walk 1 min. Repeat 14 min.	Rest

## Week 5

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>Run and walk</u>  Run 12 min. Walk 1 min. Repeat 10x 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 4 min. Walk 1 min. Repeat 6x	<u>Run and walk</u>  Run 4 min. Walk 1 min. Repeat 6x	Rest



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## 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 171 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

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

## Week 8

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

Source: 2004 Issue of Runner's World

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



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