

Beginners running plan - 4 weeks

Week 1: Getting Started

Goal: Build a running routine with walk/run intervals.

- **Day 1:** 20 minutes of walk/run intervals (1 min running, 2 min walking)
 - **Day 2:** Rest or gentle walking
 - **Day 3:** 20 minutes of walk/run intervals (1 min running, 2 min walking)
 - **Day 4:** Rest
 - **Day 5:** 20 minutes of walk/run intervals (1 min running, 2 min walking)
 - **Day 6:** Rest or light cross-training (cycling, swimming)
 - **Day 7:** Rest
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Week 2: Building Confidence

Goal: Increase running time, reduce walking breaks.

- **Day 1:** 20 minutes of walk/run intervals (2 min running, 2 min walking)
 - **Day 2:** Rest or gentle walking
 - **Day 3:** 20 minutes of walk/run intervals (2 min running, 2 min walking)
 - **Day 4:** Rest
 - **Day 5:** 25 minutes of walk/run intervals (2 min running, 1 min walking)
 - **Day 6:** Rest or light cross-training
 - **Day 7:** Rest
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Week 3: Increasing Endurance

Goal: Run longer with fewer walk breaks.

- **Day 1:** 25 minutes of run/walk (3 min running, 1 min walking)
 - **Day 2:** Rest or gentle walking
 - **Day 3:** 25 minutes of run/walk (3 min running, 1 min walking)
 - **Day 4:** Rest
 - **Day 5:** 30 minutes of run/walk (4 min running, 1 min walking)
 - **Day 6:** Rest or light cross-training
 - **Day 7:** Rest
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Week 4: Running More Continuously

Goal: Focus on continuous running with short recovery walks.

- **Day 1:** 30 minutes of run/walk (5 min running, 1 min walking)
 - **Day 2:** Rest or gentle walking
 - **Day 3:** 30 minutes of run/walk (6 min running, 1 min walking)
 - **Day 4:** Rest
 - **Day 5:** 30 minutes continuous running or as long as comfortable
 - **Day 6:** Rest or light cross-training
 - **Day 7:** Rest
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Tips for Success

- Warm up with 5 minutes of brisk walking before each session.
- Cool down with gentle walking and stretching after running.
- Listen to your body; rest if you feel pain or excessive fatigue.
- Stay hydrated and wear comfortable running shoes.
- Celebrate progress, no matter how small!