

Runner's Guide For Beginners

Month 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk for 1min, Speed walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Speed walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Speed walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Speed walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Speed walk for 1min, Jog for 1 min *Repeat for 30 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Jog for 1 min *Repeat for 30 min*	Walk for 1min, Jog for 1 min *Repeat for 30 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 1min, Jog for 2 min *Repeat for 30 min*	Walk for 1min, Jog for 2 min *Repeat for 30 min*	Walk for 1min, Jog for 2 min *Repeat for 35 min*	Walk for 1min, Jog for 2 min *Repeat for 35 min*	Walk for 1min, Jog for 2 min *Repeat for 40 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 1min, Jog for 3 min *Repeat for 40 min*	Walk for 1min, Jog for 3 min *Repeat for 40 min*	Walk for 1min, Jog for 3 min *Repeat for 45 min*	Walk for 1min, Jog for 3 min *Repeat for 45 min*	Walk for 1min, Jog for 3 min *Repeat for 45 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**

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Month 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walk for 2 min, Run for 5 min *Repeat for 45 min*	Walk for 2 min, Run for 5 min *Repeat for 45 min*	Walk for 2 min, Run for 5 min *Repeat for 45 min*	Walk for 2 min, Run for 5 min *Repeat for 45 min*	Walk for 2 min, Run for 5 min *Repeat for 45 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 2 min, Run for 7 min *Repeat for 45 min*	Walk for 2 min, Run for 7 min *Repeat for 45 min*	Walk for 2 min, Run for 7 min *Repeat for 45 min*	Walk for 2 min, Run for 7 min *Repeat for 45 min*	Walk for 2 min, Run for 7 min *Repeat for 45 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 2 min, Run for 10 min *Repeat for 50 min*	Walk for 2 min, Run for 10 min *Repeat for 50 min*	Walk for 2 min, Run for 10 min *Repeat for 50 min*	Walk for 2 min, Run for 10 min *Repeat for 50 min*	Walk for 2 min, Run for 10 min *Repeat for 50 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**
Walk for 2 min, Run for 15 min *Repeat for 60 min*	Walk for 2 min, Run for 15 min *Repeat for 60 min*	Walk for 2 min, Run for 15 min *Repeat for 60 min*	Walk for 2 min, Run for 15 min *Repeat for 60 min*	Walk for 2 min, Run for 15 min *Repeat for 60 min*	Optional Running Day **The more cardio the better**	Optional Running Day **The more cardio the better**

Notes:

1. Be sure that you are staying within you target heart range so as to no overwork you heart.
 - a. Target Heart Range Month 1 = 60-75%
 - b. Target Heart Range Month 2 = 70-80%
2. Don't feel like to you have to follow this EXACTLY. Each week gets harder so don't move on to the next week until you can comfortably complete the previous week.
3. Get A Buddy! Workouts are always more fun with another person.
4. Nutrition is important! Make sure that you are eating your fruits, vegetables, lean meats, and complex carbohydrates.

****See Cardio Fit4Me in order to see how to calculate your Target Heart Range****

****See the JFit4Me Nutrition Program on how to build a nutrition plan that caters to your body****

Fitness is a lifestyle...Make it yours!

Have fun on your journey to a leaner and healthier you!

---Jazmin Truesdale, M.B.A., C.P.T.