

Beginners Running Program

Walk 20 minutes	Day 1	Day 2	Day 3	Day 4
Walk 30 minutes	Day 1	Day 2	Day 3	Day 4
STAGE 1 Run 2 minutes, walk 4 minutes Complete the sequence 5 times	Day 1	Day 2	Day 3	Day 4
STAGE 2 Run 3 minutes, walk 3 minutes Complete the sequence 5 times	Day 1	Day 2	Day 3	Day 4
STAGE 3 Run 5 minutes, walk 2.5 minutes Complete the sequence 4 times	Day 1	Day 2	Day 3	Day 4
STAGE 4 Run 7 minutes, walk 3 minutes Complete the sequence 3 times	Day 1	Day 2	Day 3	Day 4
STAGE 5 Run 8 minutes, walk 2 minutes Complete the sequence 3 times	Day 1	Day 2	Day 3	Day 4
STAGE 6 Run 9 minutes, walk 2 minutes Complete the sequence 2 times, then run 8 minutes	Day 1	Day 2	Day 3	Day 4
STAGE 7 Run 9 minutes, walk 1 minutes Complete the sequence 3 times	Day 1	Day 2	Day 3	Day 4
STAGE 8 Run 13 minutes, walk 2 minutes Complete the sequence 2 times	Day 1	Day 2	Day 3	Day 4
STAGE 9 (Double Stage) Run 14 minutes, walk 1 minute Complete the sequence 2 times	Day 1	Day 2	Day 3	Day 4
STAGE 9 (Double Stage) Run 14 minutes, walk 1 minute Complete the sequence 2 times	Day 1	Day 2	Day 3	Day 4
STAGE 10 (Double Stage) Run 30 minutes	Day 1	Day 2	Day 3	Day 4
STAGE 10 (Double Stage) Run 30 minutes	Day 1	Day 2	Day 3	Day 4

Source: Dayna Robinson, IHC Acceleration