RUNNING ZONE
GETTING STARTED

Let's Get Going

Easing into a running program gradually is the safest, most effective way to get started. The beginners' training program outlined is to help transform you to a runner, getting you running three miles (or 5K) on a regular basis in just two to three months. Also, be sure to check with your physician before starting any exercise program.

Each training session should take about 25 or 30 minutes, three to four times a week. Be sure to space out these workouts throughout the week to give your self a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your body adapts to the new stresses and your body is fitter. For now focus on gradually increasing the time or distance you run.   Again, if the program below is too aggressive, reduce the workout time or amount of jogging, or both. Also, if you feel the 8-week program below is too aggressive, stretch it out to 10 or 12 weeks.

Workout Routine:
Make sure to do some light stretching before and after your workouts.

Week 1	Walk 4 minutes, Jog 1 minute	5 times	25 minutes total
Week 2	Walk 3 minutes, Jog 2 minutes	5 times	25 minutes total
Week 3	Walk 2 minutes, Jog 3 minutes	6 times	30 minutes total
Week 4	Walk 1 minute, Jog 4 minutes	6 times	30 minutes total
Week 5	Walk 1 minute, Jog 5 minutes	5 times	30 minutes total
Week 6	Walk 1 minute, Jog 6 minutes	5 times	35 minutes total
Week 7	Walk 1 minute, Jog 7 minutes	4 times	32 minutes total
Week 8	Walk 1 minute, Jog 8 minutes	4 times	36 minutes total

Also, if you feel fatigued, it's ok to rest an extra day or so during the week.