

RUN FOR FUN, FITNESS AND FIGURE

Running for beginners – From 0 to ~ 2 miles in 3 months

Run at a moderate tempo, recover by walking at a moderate tempo. It is easy!

The following pages contain your running program week by week.

Running Tips for You:

- Have your runningshoes and clothes ready and visible.
- It (almost) always 'running' weather; just put on the right clothes for it.
- Run at those times that fit you best. Reserve the time in your calendar!
- Find a running partner at the same level as yourself.
- Run in shoes, that fit you and your running style.
- Start by running on a softer surface (grass (even) is better than concrete).
- Breathe deeply and calmly. Focus on your breathing; don't run too fast.
- You warm up by walking faster and faster before you start running.
- Land as 'softly' as you can, land on your entire foot – not hard on the heel.
- Keep the torso upright, the entire body, heel to neck, leans/falls slightly forward
- Do not hop up and down, run straight forward.
- Use the arms; pull them straight back and forth not diagonally in front of the torso.
- Cooldown coincides with the last walking-interval, which you may prolong.
- Stretch as needed. Calves, hamstrings and hipflexors (front of the hips).

You can adapt the program to your own needs: You can choose other days, however, it is best to have a day of rest between running days.

You can repeat the workout of the day or the week according to your needs.

Listen to your body; you should feel good before, during and after running!

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MONTH # 1

RUN moderate tempo ~ 6-8 mph. WALK moderate tempo ~ 3 mph. to recover.

WEEK	DAY	TOTAL TIME, MINUTES (Warm-up (walk) + run)	RUN (min.)	WALK (min.)	SERIES (run/walk)
1	Monday	15 (5 + 10)	½	2	4
	Wednesday	20 (5 + 15)	1	4	3
	Saturday	16 (5 + 11)	1½	4	2
2	Monday	17 (5 + 12)	1	3	3
	Wednesday	14 (5 + 9)	1½	3	2
	Saturday	17 (5 + 12)	2	4	2
3	Monday	17 (5 + 12)	1	3	3
	Wednesday	15 (5 + 10)	2	3	2
	Saturday	15 (5 + 10)	2½	2½	2
4	Monday	17 (5 + 12)	1	3	3
	Wednesday	20 (5 + 15)	2	3	3
	Saturday	19 (5 + 14)	3	4	2

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MONTH # 2

RUN moderate tempo ~ 6-8 mph. WALK moderate tempo ~ 3 mph. to recover.

WEEK	DAY	TOTAL TIME, MINUTES (Warm-up (walk) + run)	RUN (min.)	WALK (min.)	SERIES (run/walk)
5	Monday	20 (5 + 15)	2	3	3
	Wednesday	17 (5 + 12)	3	3	2
	Saturday	21 (5 + 16)	4	4	2
6	Monday	21 (5 + 16)	2	2	4
	Wednesday	20 (5 + 15)	3	2	3
	Saturday	19 (5 + 14)	4	3	2
7	Monday	17 (5 + 12)	4	2	2
	Wednesday	23 (5 + 18)	4	2	3
	Saturday	25 (5 + 20)	5	5	2
8	Monday	26 (5 + 21)	4	3	3
	Wednesday	26 (5 + 21)	5	2	3
	Saturday	20 (5 + 15)	8	7	1

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MONTH # 3

RUN moderate tempo ~ 6-8 mph. WALK moderate tempo ~ 3 mph. to recover.

WEEK	DAY	TOTAL TIME, MINUTES (Warm-up (walk) + run)	RUN (min.)	WALK (min.)	SERIES (run/walk)
9	Monday	23 (5 + 18)	4	2	3
	Wednesday	29 (5 + 24)	6	2	3
	Saturday	20 (5 + 15)	10	5	1
10	Monday	29 (5 + 24)	6	2	3
	Wednesday	23 (5 + 18)	7	2	2
	Saturday	22 (5 + 17)	12	5	1
11	Monday	26 (5 + 21)	6	1	3
	Wednesday	25 (5 + 20)	8	2	2
	Saturday	27 (5 + 22)	15	7	1
12	Monday	21 (5 + 16)	7	1	2
	Wednesday	27 (5 + 22)	9	2	2
	Saturday	30 (5 + 25)	20	5	1