

12 Week Running Plan for Beginners

START DATE:

END DATE:

	Monday	Wednesday	Friday
Warm up: 5 min walk, Cool down: 5 minute walk			
Week 1	1 min jog 1.5 min walk Repeat 8X Total time: 30 mins	1 min jog 1.5 min walk Repeat 8X Total time: 30 mins	1 min jog 1.5 min walk Repeat 8X Total time: 30 mins
Week 2	1.5 min jog 2 min walk Repeat 6X Total time: 31 mins	1.5 min jog 2 min walk Repeat 6X Total time: 31 mins	1.5 min jog 2 min walk Repeat 6X Total time: 31 mins
Week 3	1.5 min walk 1.5 min walk 3 min jog 3 min walk Repeat 2X Total time: 28 mins	1.5 min walk 1.5 min walk 3 min jog 3 min walk Repeat 2X Total time: 28 mins	1.5 min walk 1.5 min walk 3 min jog 3 min walk Repeat 2X Total time: 28 mins
Week 4	3 min jog 1.5 min walk 5 min jog 2.5 min walk Repeat 2X Total time: 34 mins	3 min jog 1.5 min walk 5 min jog 2.5 min walk Repeat 2X Total time: 34 mins	3 min jog 1.5 min walk 5 min jog 2.5 min walk Repeat 2X Total time: 34 mins
Week 5	5 min jog 3 min walk Repeat 3X Total time: 34 mins	8 min jog 5 min walk 8 min jog Total time: 31 mins	20 min jog Total Time: 30 mins
Week 6	5 min jog 3 min walk 8 min jog 3 min walk 5 min jog Total time: 34 mins	10 min jog 3 min walk 10 min jog Total time: 33 mins	22 min jog Total time: 32 mins
Week 7	25 min jog Total time: 35 mins	25 min jog Total time: 35 mins	25 min jog Total time: 35 mins
Week 8	28 min jog Total time: 38 mins	28 min jog Total time: 38 mins	28 min jog Total time: 38 mins
Week 9	30 min jog Total time: 40 mins	30 min jog Total time: 40 mins	30 min jog Total time: 40 mins
Week 10	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 3 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 3 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 3.5 miles
Week 11	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 3.5 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 3.5 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 4 miles
Week 12	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 4 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 4 miles	0.00-0.25 jog 0.25-0.5 fast run 0.5-0.75 jog 0.75- 1.00 sprint Repeat for 5 miles

TIPS:

1. START!
2. MAKE A PLAN- SCHEDULE YOUR RUNS SO THEY FIT IN YOUR WEEKLY ROUTINE!
3. MARK OFF THE DAYS AS YOU GO- PROGRESS NOT PERFECTION!
4. FIND A GOOD PLAYLIST TO SWEAT IT OUT TO!
5. INVEST IN SOME GOOD RUNNING SHOES!