

8 Week Running Program

Week	Workout Plan	Total Workout Time	How Often?
1	5 minutes of walking, followed by 1 minute of running (Repeat 5x)	30 minutes	3-4 days a week
2	4 minutes of walking, followed by 2 minutes of running (Repeat 5x)	30 minutes	3-4 days a week
3	3 minutes of walking, followed by 3 minutes of running (Repeat 5x)	30 minutes	3-4 days a week
4	2 minutes of walking, followed by 4 minutes of running (Repeat 5x)	30 minutes	3-4 days a week
5	2 minutes of walking, followed by 5 minutes of running (Repeat 4x)	30 minutes	3-4 days a week
6	3 minutes of walking, followed by 7 minutes of running (Repeat 3x)	30 minutes	3-4 days a week
7	2 minutes of walking, followed by 8 minutes of running (Repeat 3x)	30 minutes	3-4 days a week
8	1 minutes of walking, followed by 9 minutes of running (Repeat 3x)	30 minutes	3-4 days a week