

Working our Way to Wellness: Beginner running program

Instagram (UCalgary.WOWW): Let us know how it goes!

Tempo Pace: Speed walk or run, should be a little uncomfortable but still manageable

Recovery: Light jog/walk

Beginner Running Program			
	Tempo Pace	Recovery	Repeat
Week 1	2 min	4 min	x 4
	Day 1	Day 2	Day 3
Week 2	3 min	3 min	x 4
	Day 1	Day 2	Day 3
Week 3	4 min	2 min	x 4
	Day 1	Day 2	Day 3
Week 4	6 mins	4 min	x 3
	Day 1	Day 2	Day 3
Week 5	7 min	3 min	x 3
	Day 1	Day 2	Day 3
Week 6	8 min	2 min	x 3
	Day 1	Day 2	Day 3
Week 7	10 min	4 min	x 2
	Day 1	Day 2	Day 3
Week 8	12 min	3 min	x 2
	Day 1	Day 2	Day 3
Week 9	15 min	2min	x 2
	Day 1	Day 2	Day 3
Week 10	30 mins	Celebrate	x 1
	Day 1	Day 2	Day 3