

Beginner Running Program

11	Rest	Jog 4 min	Optional	Jog 4 min	Rest	Rest	Jog 4 min
		Walk 30 sec	Cross Train	Walk 30 sec			Walk 30 sec
		up to 45 min	30 min	up to 45 min			up to 45 min
12	Rest	Jog 4 min	Optional	Jog 4 min	Rest	Rest	Jog 4 min
		Walk 30 sec	Cross Train	Walk 30 sec			Walk 30 sec
		up to 45 min	30 min	up to 45 min			up to 45 min
13	Rest	Jog 5 min	Optional	Jog 5 min	Rest	Rest	Jog 5 min
		Walk 30 sec	Cross Train	Walk 30 sec			Walk 30 sec
		up to 50 min	30 min	up to 50 min			up to 50 min