

Beginner Running Program

DATE	Tuesday or Wed.	Thursday or Friday	SUNDAY
March 26-April 1	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	8 Miles easy walk if needed		11 Mile Long Run
			Jog/walk as needed
	2 Min. Walk Cool Down	2 Min. Walk Cool Down	5 Min. Walk Cool Down
April 2-8	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	9 Miles easy walk if needed		12 Mile Long Run
	2 Min. Walk Cool Down		5 Min. Walk Cool Down
April 9-15	Walk 2 Min Warm Up	SAME AS TUESDAY	9 Mile Long Run
	6 Miles Easy walk if needed		Jog/walk as needed
	2 Min. Walk Cool Down		5 Min. Walk Cool Down
April 16-22	Walk 2 Min Warm Up	SAME AS TUESDAY	Walk 5 Min Warm Up
	4 Miles Easy walk if needed		5 Mile Long Run
	2 Min. Walk Cool Down		Jog/walk as needed
			5 Min. Walk Cool Down
April 23-29	Walk 2 Min Warm Up	SAME AS TUESDAY	Marathon!!!!
	3 Miles Jog/walk as needed		