**Learn to Run 0-20 min. in 8 Weeks**

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| **Week** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| **Tuesday** | Walk for 2 mins, run for 1 min seven times (21 mins) | Walk for 2 mins, run for 2 min six times (24 mins) | Walk for 2 mins, run for 3 mins six times (30 mins) | Walk for 1 min, run for 4 mins, five times  (25 mins) | Walk for 1 min, run for 5 mins four times  (24 mins) | Walk for 1 min, run for 6 mins four times  (28 mins) | Walk for 1 min, run for 8 mins three times  (27 mins) | Walk for 1 min, run for 10 mins three times  (33 mins) |
| **Wednesday** | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train |
| **Thursday** | 30 min brisk walk | 30 min brisk walk | 30 min brisk walk to include 3 mins jogging in each 10 mins | 30-min brisk walk to include 4 mins jogging in each 10 mins | 1.5 mile (2.4 km) times run. Walk where you have to. Rate your progress | 40 min brisk walk to include 5 mins jogging each 10 mins | 40 min brisk walk to include 10 mins jogging in each 20 mins | Walk for 2 mins, run for 12 mins three times (42 mins) |
| **Friday** | Walk for 2 mins, run for 1 min seven times (21 mins) | Walk for 2 min, run for 2 min six times (24 mins) | Walk for 2 mins, run for 3 mins six times (30 mins) | Walk for 1 min, run for 4 mins five times (25 mins) | Walk for 1 min, run for 5 mins four times (24 mins) | Walk for 1 mins, run for 6 mins four times (28 mins) | Walk for 1 min, run for 8 mins three times (27 mins) | Walk for 1 mins, run for 10 mins three times (33 mins) |
| **Saturday** | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train | Rest or  cross- train |
| **Sunday** | Walk for 2 mins, run for 1 min eight times (24 mins) | Walk for 2 min, run for 2 min seven times (28 mins) | Walk for 1 min, run for 4 mins seven times (35 mins) | Walk for 1 min, run for 4 mins seven times (35 mins) | Walk for 2 mins, run for 8 mins three times (30 mins) | Walk for 2 mins, run for 10 mins three times (36 mins) | Walk for 1 min, run for 8 mins four times (36 mins) | **Run for 20 mins** |
| **Monday** | Rest | Rest | Rest | Rest | Rest | Rest | Rest | Rest |

\*\*Cross-train means to do an alternative activity. Strength training and stability exercises are recommended. Yoga or Pilates would also be great. If you prefer aerobic activity, pick something that doesn’t put too much impact on your joints, such as swimming, cycling, or rowing.

*Retrieved parts from “Real Women Run” - Sam Murphy 2012*