



Training Programme - Beginners

	Week 9	Week 10	Week 11	Week 12
Monday	3 mins power walk 20 mins easy run 3 mins walk	Rest Day	Rest Day	Rest Day
Tuesday	2 mins power walk 35 mins steady run 3 mins walk	3 - 4 mins power walk Interval running – run hard for 2 mins, jog recover for 1 min repeat 5 times 3 mins walk	2 - 4 mins power walk Interval running – run hard for 4 mins, jog recover for 2 min repeat 4 times 3 mins walk	3 - 4 mins power walk Interval running – run hard for 3 mins, jog recover for 1 min repeat 6 times 3 mins walk
Wednesday	Rest Day	Rest Day	Rest Day	Rest Day
Thursday	3 mins power walk 45 mins easy run 5 mins walk	3 - 5 mins power walk 55 mins steady run 5 mins walk	3 – 5 mins power walk 65 mins steady run 5 mins walk	3 - 5 mins easy run 50 mins steady run 5 mins walk
Friday	Rest Day	Rest Day	Rest Day	Rest Day
Saturday	2 mins power walk 20 mins steady run 3 mins walk	Rest Day	2 - 4 mins easy run Interval running – run hard for 6 mins, jog recover for 2 min repeat 4 times 3 mins walk	Rest Day
Sunday	3 mins power walk 60 mins steady run 5 mins walk	3 mins power walk 70 mins steady run 5 mins walk	3 mins easy run 40 mins steady run 5 mins easy run	3 – 5 mins steady run 80 mins steady run 5 – 7 mins easy run

Don't forget, always have a gentle stretch of all the main muscle groups that have been used after each session. Never stretch before running as this stretches cold muscles and could cause injury

Programme created by Stuart Dinwoodie – Chippenham Harriers