

YOU WANT TO START RUNNING? HERE IS AN EASY 30-DAY GUIDE TO GET YOU THERE

- DAY 1** Warm up with a brisk walk for 5-10 minutes, begin your run/walk intervals. Run at an easy pace for 1 minute, walk for 5 minutes. Repeat sequence 3 times.
- DAY 2** Run at an easy pace for 1 minute, walk for 4 minutes. Repeat sequence 3 times. Try to work on using proper running form.
- DAY 3** Rest.
- DAY 4** Run at an easy pace for 2 minutes, walk for 4 minutes. Repeat sequence 3 times. Try to work on proper breathing to help avoid side stitches.
- DAY 5** Rest or cross-train (activity other than running).
- DAY 6** Run at an easy pace for 3 minutes, walk for 3 minutes. Repeat sequence 3 times.
- DAY 7** Rest.
- DAY 8** Run at an easy pace for 4 minutes, walk for 2 minutes. Repeat sequence 3 times.
- DAY 9** Rest or cross-train.
- DAY 10** Run at an easy pace for 5 minutes, walk for 2 minutes. Repeat sequence 3 times.
- DAY 11** Run at an easy pace for 6 minutes, walk for 2 minutes. Repeat sequence 3 times.
- DAY 12** Rest.
- DAY 13** Run at an easy pace for 7 minutes, walk for 2 minutes, run at an easy pace for 7 minutes.
- DAY 14** Rest or cross-train.
- DAY 15** Run at an easy pace for 8 minutes, walk for 2 minutes. Repeat sequence twice.
- DAY 16** Rest.
- DAY 17** Run at an easy pace for 10 minutes, walk for 2 minutes. Repeat sequence twice.
- DAY 18** Rest or cross-train.
- DAY 19** Run at an easy pace for 12 minutes, walk for 2 minutes, run at an easy pace for 6 minutes.
- DAY 20** Run at an easy pace for 13 minutes, walk for 2 minutes, run at an easy pace for 5 minutes.
- DAY 21** Rest.
- DAY 22** Run at an easy pace for 14 minutes, walk for 2 minutes, run at an easy pace for 5 minutes.
- DAY 23** Rest or cross-train.

DAY 24 Run at an easy pace for 15 minutes, walk for 2 minutes, run at an easy pace for 4 minutes.

DAY 25 Rest.

DAY 26 Run at an easy pace for 16 minutes, walk for 1 minute, run at an easy pace for 4 minutes.

DAY 27 Rest or cross-train.

DAY 28 Run at an easy pace for 18 minutes, walk for 1 minute, run at an easy pace for 3 minutes.

DAY 29 Rest.

DAY 30 **Congratulations on making it to Day 30!**

Try walking for 5 minutes to begin and end the workout, and run for 20 minutes in between.



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