

30-DAY RUNNING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 Min Walk + 10 x 30s Run/1 Min Walk	20 Min Cross-Training	Rest Day	5 Min Walk + 10 x 1 Min Run/1 Min Walk	20 Min Cross-Training	5 Min Walk + 11 x 1 Min Run/1 Min Walk	Rest Day
2	5 Min Walk + 10 x 90s Run/1 Min Walk	25 Min Cross-Training	Rest Day	5 Min Walk + 10 x 2 Min Run/1 Min Walk	30 Min Cross-Training	5 Min Walk + 10 x 90s Run/30s Walk	Rest Day
3	5 Min Walk + 8 x 2.5 Min Run/1 Min Walk	30 Min Cross-Training	Rest Day	5 Min Walk + 8 x 3 Min Run/1 Min Walk	30 Min Cross-Training	5 Min Walk + 6 x 4 Min Run/1 Min Walk	Rest Day
4	5 Min Walk + 5 x 5 Min Run/1 Min Walk	30 Min Cross-Training	Rest Day	5 Min Walk + 2 x 10 Min Run/2 Min Walk	30 Min Cross-Training	5 Min Walk + 2 x 10 Min Run/30s Walk	20 Min Cross-Training
5	Rest Day	5 Min Walk + 25 Min Run <u>Non-Stop</u>					



- **Warm-Ups** - On each of the running days, use the 5-minute walk as your warm-up. Walk at a brisk pace to get your blood pumping.
- **Alternating Walking and Running** - On the running days, you'll see instructions such as "5 x 5 Min Run/1 Min Walk". This means you should run for 5 minutes, then walk for 1 minute, repeating the whole 6-minute pattern 5 times.
- **Cross-Training** - Cross-training is any type of workout in a sport that is different from your main focus. For runners, endurance-based sports such as cycling or swimming are great cross-training options.