

# 30-DAY BEGINNER'S RUNNING CHALLENGE

## WEEK 1

- DAY 1** 1 mile jog
- DAY 2** 1/2 mile jog, 1/4 mile walk, 1/2 mile jog
- DAY 3** REST
- DAY 4** 1 mile jog
- DAY 5** 1/2 jog, 1/4 mile walk, 3/4 mile jog
- DAY 6** 1 mile jog
- DAY 7** REST

## WEEK 2

- DAY 8** REST
- DAY 9** 2 mile jog
- DAY 10** 1/2 mile jog, 1/4 mile walk, 1 mile jog
- DAY 11** REST
- DAY 12** 2 1/2 miles jog

**DAYS  
13-30**

**GET THE ENTIRE  
30-DAY CHALLENGE AT**

**SkinnyMs.com**

