

# 30-DAY RUN CHALLENGE

## FOR BEGINNERS

### WEEK 1

DAY  
1

RUN/WALK 1 MILE  
30 SEC RUN / 60 SEC WALK

DAY  
2

20 MIN CROSS-TRAINING

DAY  
3

REST

DAY  
4

RUN/WALK 1 MILE  
30 SEC RUN / 60 SEC WALK

DAY  
5

30 MIN EASY WALK

DAY  
6

REST

DAY  
7

RUN/WALK 1.25 TO 1.75 MILES  
30 SEC RUN / 60 SEC WALK

DAYS

8 - 30



GET THE FULL  
30-DAY RUN CHALLENGE AT  
*the wired*  
**RUNNER**