

Free printable Running challenge for beginners

DAY 1	DAY 2	DAY 3
Run 5 minutes	Walk 10 minutes	Run 5 minutes
DAY 4	DAY 5	DAY 6
Walk 10 minutes	Run 5 minutes	Rest
DAY 7	DAY 8	DAY 9
Run 6 minutes	Walk 10 minutes	Run 7 minutes
DAY 10	DAY 11	DAY 12
Walk 10 minutes	Run 8 minutes	Rest
DAY 13	DAY 14	DAY 15
Run 8 minutes	Run 5 minutes	Run 9 minutes
DAY 16	DAY 17	DAY 18
Run 5 minutes	Run 10 minutes	Rest
DAY 19	DAY 20	DAY 21
Run 10 minutes	Run 5 minutes	Run 11 minutes
DAY 22	DAY 23	DAY 24
Rest 5 minutes	Run 12 minutes	Rest
DAY 25	DAY 26	DAY 27
Run 12 minutes	Run 8 minutes	Run 13 minutes
DAY 28	DAY 29	DAY 30
Run 8 minutes	Run 14 minutes	Run 15 minutes