

30 DAY RUNNING CHALLENGE

For Beginners

Warm-up Phase

Day 1 (LW) Walk ½ Mile 10 Minutes	Day 2 (LW) Walk ¾ Mile 15 Minutes	Day 3 (LW) Walk 1 Mile 20 Minutes	Day 4 (LW) Walk 1½ Miles 25 Minutes	Day 5 (LW) Walk 2 Miles 30 Minutes	Day 6 (LW) Walk 2½ Miles 35 Minutes
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Day 7 (LW) Walk 3 Miles 40 Minutes	Day 8 Rest
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Growth Stage

Day 9 Pace - 4.5 mph ¼ Mile 3 Min 20 Sec	Day 10 Pace - 4.5 mph ½ Mile 6 Min 40 Sec	Day 11 Pace - 4.5 mph ¾ Mile 10 Minutes	Day 12 Pace - 4.5 mph 1 Mile 13 Min 20 Sec
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Growth Stage

Day 13 Rest	Day 14 Pace - 5 mph ¾ Mile 9 Minutes	Day 15 Pace - 5 mph 1 Mile 12 Minutes	Day 16 Pace - 5 mph 1¼ Miles 15 Minutes	Day 17 Pace - 5 mph 1½ Miles 18 Minutes	Day 18 Pace - 5 mph 1¾ Miles 21 Minutes
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Day 19 Pace - 5 mph 2 Miles 24 Minutes	Day 20 Rest	Day 21 Pace - 5.5 mph 1½ Miles 16 Min 23 Sec	Day 22 Pace - 5.5 mph 1¾ Miles 19 Min 6 Sec	Day 23 Pace - 5.5 mph 2 Miles 21 Min 50 Sec	Day 24 Pace - 5.5 mph 2¼ Miles 24 Min 34 Sec
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Growth Stage

Day 25 Pace - 5.5 mph 2½ Miles 27 Min 18 Sec	Day 26 Rest
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Benchmark/Final Stage

Day 27 Pace - 6 mph 2½ Miles 25 Minutes	Day 28 Pace - 6 mph 2¾ Miles 27 Min 30 Sec	Day 29 Rest	Day 30 Pace - 6 mph 3 Miles 30 Minutes
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