

30-DAY BEGINNER RUNNING CHALLENGE

WEEK 1	DAY 1 1 mile jog	DAY 2 ½ mile jog ¼ mile walk ½ mile jog	DAY 3 REST	DAY 4 1 mile jog
WEEK 2	DAY 8 REST	DAY 9 2 mile jog	DAY 10 ½ mile jog ¼ mile walk 1 mile jog	DAY 11 REST
WEEK 3	DAY 15 REST	DAY 16 2 mile jog	DAY 17 1 mile jog ¼ mile walk 1 mile jog	DAY 18 2 mile jog ¼ mile walk ½ mile jog
4	DAY 22 2 mile jog	DAY 23 1 mile jog ¼ mile walk	DAY 24 1½ mile jog	DAY 25