

Beginning Running: Month 2

Always begin and end each workout with a few minutes of walking to warm up and stretch afterward.

May

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	--- Strength Training	--- 20 minutes total Walk 3:45 min./Run 1:15 min. Repeat 4 times	1 Rest Day or Yoga	2 30 min total Walk 4:45 minutes/ run 1:15 min. Repeat 5 times	3 Strength Training	4 Rest Day or Yoga	5 42 min total Walk 4:45 min./ Run 1:15 min. Repeat 7 times
Week 2	6 Strength Training	7 20 minutes total Walk 3:45 min./Run 1:15 min. Repeat 4 times	8 Rest Day or Yoga	9 30 min. Total Walk 4:45 minutes/ run 1:15 min. Repeat 5 times	10 Strength Training	11 Rest Day or Yoga	12 42 min. total Walk 4:45 min./ Run 1:15 min. Repeat 7 times
Week 3	13 Strength Training	14 20 minutes total Walk 3.5 minutes/ Run 1.5 min. Repeat 4 times	15 Rest Day or Yoga	16 30 min. Total Walk 4.5 min./ Run 1.5 min. Repeat 5 times	17 Strength Training	18 Rest Day or Yoga	19 42 min. total Walk 4.5 min./ Run 1.5 min. Repeat 7 times
Week 4	20 Strength Training	21 20 minutes Total Walk 3.5 minutes/ Run 1.5 min. Repeat 4 times	22 Rest Day or Yoga	23 30 min. Total Walk 4.5 min./ Run 1.5 min. Repeat 5 times	24 Strength Training	25 Rest Day or Yoga	26 42 min. Total Walk 4.5 min./ Run 1.5 min. Repeat 7 times
Week 5	27 Strength Training	28 20 min. Total Walk 3 minutes/Run 2 minutes X 5	29 Rest Day or Yoga	30 30 min. Total Walk 4 min./Run 2 Repeat 5 times	31 Strength Training	1 Rest Day or Yoga	2 42 min. Total Walk 4 min./ Run 2 min. Repeat 7 times