

Get-Started Schedule – Beginners

Whatever your level of fitness you should comfortably be able to build from nothing to running for 30 minutes continuously in eight weeks. All you need to do is to make a commitment to run/walk at least three times a week and follow this simple run/walk programme (devised by Runner's World) which will gradually ease you towards your objective.

A few things to bear in mind:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run. Respecting your body is the best route to progression.
 - Walk purposefully, and be strict with your run/walk timings.
 - Don't be afraid to repeat a week, or drop back a week. Everyone's different.
 - Take heart! You **will** get there!
- Get some decent trainers – cheap trainers won't give you much support and you will get injured
 - It's easier if you train with a friend and vary where you train

The schedules

- **Week 1** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5** Run eight mins, walk two mins. Repeat three times. Do three times a week.
- **Week 6** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 7** Run 15 mins, walk one min, Run fifteen mins. Do three times a week
 - **Week 8** Run 30 mins continuously.

The result

Congratulations! You're a real runner! What next? How about a [5K \(3.1-mile\) race](#), running for fun in company? Go onto the Mid-Range Schedule (Week 3) now & soon you'll be a Nomad...