

Week 1

It is great that you have starting to be active again. This week's focus is to start your running routine in a slow but steady pace. While running at slow steady pace work on your running form; specifically, your arms moving them straight forward and back while keeping your arms close to your body in a relaxed 90 degree angle, during your 5 minute walk you must maintain your heart rate up by speed walking.

Weekly Tip: Wrist/fist should be at waist height.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
½ Mile run 5 min walk 1 mile run	Rest	½ Mile run 5 min walk 1 mile run	Rest	½ Mile run 5 min walk 1 mile run	2 Mile run 5 min walk 1 mile run	Rest

Week 2

Great job in week one!. This weeks focus is to find a comfortable pace. Your ideal pace/training pace is the one that you will be able to maintain throughout the entire run without you wanting to stop or causes you to breath excessively hard.

Weekly Tip: If you can maintain a conversation while running that's your ideal pace.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
½ Mile run 5 min walk 1 mile run	Rest	½ Mile run 5 min walk 1 mile run	Rest	½ Mile run 5 min walk 1 mile run	2 Mile run 5 min walk 1 mile run	Rest

Week 3

Week three can be a challenging week, as by now, you have a running routine and you have found your steady running pace. The challenge you might be facing is that you want to go faster during your ideal pace run. It is always best to maintain a steady pace to build a strong base for future faster/longer runs.

Weekly Tip: Avoid crossing your arms left to right /right to left as it can cause lower back stress and you are using additional energy.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
½ Mile run 2 min walk 1.5 mile run	Rest	½ Mile run 5 min walk 1.5 mile run	Rest	½ Mile run 2 min walk 1.5 mile run	1 Mile run 2 min walk 2 mile run	Rest

Week 4

You are half way there, great job!! The focus for this week is to work on your running form, keep in mind your arm placement; close to body, arms in a relaxed 90 degree angle moving straight forward and back. Your fist/wrist should be at your waist height.

Weekly Tip: If you are planning to get new running shoes now is the time to get them. A good running shoe should last you between 400 to 500 miles.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Mile run	Rest	2.5 mile run	Rest	2 mile run	3 mile run	Rest

Week 5

The focus for this week is on breathing and arm/shoulder form. If you feel that you are breathing too hard (excessive exhaling) lower your arms and take a couple deep breaths, this will help you relax, after two or three times get back in your ideal pace.

Weekly Tip: If you are lacking motivation to run join a club or invite a friend to run with you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5 Mile run	Rest	2.5 mile run	Rest	2.5 mile run	3 mile run	Rest

Week 6

Doing a core workout will help strengthen your upper body. A simple core workout can range from 1 to 2 sets of 5 push-ups, 10 curl-ups and 10 push-ups.

Weekly Tip: Need motivation? Post a picture or post with your goal, this can be running 21 minutes in a 5k or being at your ideal weight.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5 Mile run	Rest	3 mile run	Rest	2.5 mile run	3.5 mile run	Rest

Week 7

Your race is coming up soon, make sure you “test” what you will be wearing/using on race day. Never use or try out something new on race day, meaning anything from food like changing your breakfast or trying new equipment.

Weekly Tip: Eating a healthy snack 2 hours before your run will help you refuel your body.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.5 Mile run	Rest	3 mile run	Rest	2.5 mile run	3.5 mile run	Rest

Week 8

You did it! You are finally here race week. Maintain the ideal pace this week as even though you will feel that you can go further and faster, a steady pace will take you longer than a fast pace.

Weekly Tip: You need to have a good night sleep two nights before race day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Mile run	Rest	1.5 mile run	Rest	2 mile run	Rest	Race day