



12 Step running program.

Goal- 30 minutes of nonstop running without pain. Start with 30 minutes of nonstop walking.

Always walk 5 minutes pre and post routine for warm up and cool down.

Breathing should be “within oneself”. Do not go into oxygen debt. Should be able to talk.

Run every other day. You may advance when you accomplish without pain or difficulty

Step 1 - Run 1 minute walk 4 minutes for 30 minutes – 6 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 2 - Run 1.5 minutes walk 3.5 minutes for 30 minutes – 8.5 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 3 - Run 2 minutes walk 3 minutes for 30 minutes – 10 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 4 - Run 3 minutes walk 3 minutes for 30 minutes – 15 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 5 - Run 4 minutes walk 4 minutes for 32 minutes – 16 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 6 - Run 5 minutes walk 5 minutes for 40 minutes – 20 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 7 – Run 6 minutes walk for 4 minutes for 40 minutes – 24 minutes of

Walk _____ mph Run _____ mph (at 1% incline)

Step 8 – Run 7 minutes walk for 3 minutes for 40 minutes – 24 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 9 - Run 8 minutes walk 2 minutes for 30 minutes – 24 minutes

Walk _____ mph Run _____ mph (at 1% incline)

Step 10- Run 10 minutes walk 3 minutes for 39 minutes – 30 minutes running

Walk _____ mph Run _____ mph (at 1% incline)

Step 11 – Run 15 minutes walk 5 minutes for 40 minutes – 30 minutes of running

Walk _____ mph Run _____ mph (at 1% incline)

Step 12 – Run 30 minutes nonstop