



## BEGINNER RUNNING PROGRAM



FORT COLLINS RUNNING CLUB  
**RUNNING U**

This plan assumes that you can walk for 30 minutes without stopping. Start all workouts with a 5-minute warm up walk and end with a 5 minute cooldown walk. Workouts are in minutes, so Run 1 Walk 1 means Run 1 minute, Walk 1 minute. These should be done at a pace where you can carry on a conversation. If you find yourself gasping for breath, slow down. The biggest mistake new runners make is trying to go too fast.

Free days are YOURS. Do what feels right to you. Go for another walk or run/walk, do some hiking, biking, or swimming, go to yoga or Pilates, do a strength session, or just take some extra rest.



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WEEK	DATE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	4/26-5/2							(run 2, Walk 3) x 4 = 20 min
1	5/3-5/9	25 min walk	Rest	(run 2, Walk 3) x 3 = 15 min	Free Day	(run 2, walk 3) x 3 = 15 min	Rest	(run 3, walk 3) x 4 =24 min
2	5/10 - 5/16	30 min walk	Rest	(run 3, walk 3) x 3 = 15 min	Free Day	(run 3, walk 3) x 3 = 15 min	Rest	(run 5, walk 3) x 3 = 24 min
3	5/17 - 5/23	35 min walk	Rest	(run 5, walk 3) x 2 = 16 min	Free Day	(run 5, walk 3) x 2 = 16 min	Rest	(run 7, walk 2) x 3 = 27 min
4	5/24 - 5/30	40 min walk	Rest	(run 7, walk 2) x 2 = 18 min	Free Day	(run 7, walk 2) x 2 = 18 min	Rest	(run 8, walk 2) x 3 = 30 min
5	5/31 - 6/6	45 min walk	Rest	(run 8, walk 2) x 2 = 20 min	Free Day	(run 8, walk 2) x 2 = 20 min	Rest	(run 10, walk 2) x 3 = 36 min
6	6/7 - 6/13	45 min walk	Rest	(run 10, walk 2) x 2 = 24 min	Free Day	(run 10, walk 2) x 2 = 24 min	Rest	(run 10, walk 1) x 3 = 33 min
7	6/14 - 6/20	50 min walk	Rest	(run 12, walk 2) x 2 = 28 min	Free Day	(run 12, walk 2) x 2 = 28 min	Rest	(run 14, walk 1) x 2 = 30 min
8	6/21 - 6/27	60 min walk	Rest	(run 12, walk 1) x 2 = 26 min	Free Day	(run 12, walk 1) x 2 = 26 min	Rest	(run 10, walk 2) x 3 = 36 min
9	6/28-7/4	45 min walk	Rest	(run 8, walk 2) x 2 = 20 min	Free Day	(run 2, walk 3) x 3 = 15 min	Rest	<b>RACE DAY</b>