

RUNNING FOR *BEGINNERS*

WEEK 1

RUN 0 min. - WALK 4+1 min*

REPEAT 4 times

TOTAL TIME = 20 minutes

* - Walk fast 4 min. then walk slow 1 min.

WEEK 2

RUN 1 min. - WALK 3 min.

REPEAT 5 times

TOTAL TIME = 20 minutes

WEEK 3

RUN 1 min. - WALK 2 min

REPEAT 7 times

TOTAL TIME = 21 minutes

WEEK 4

RUN 1 min. - WALK 1 min

REPEAT 10 times

TOTAL TIME = 20 minutes

WEEK 5

RUN 2 min. - WALK 1 min

REPEAT 7 times

TOTAL TIME = 21 minutes

WEEK 6

RUN 3 min. - WALK 1 min.

REPEAT 5 times

TOTAL TIME = 20 minutes

WEEK 7

RUN 4 min. - WALK 1 min.

REPEAT 4 times

TOTAL TIME = 20 minutes

WEEK 8

RUN 6 min. - WALK 1 min

REPEAT 3 times

TOTAL TIME = 21 minutes

WEEK 9

RUN 9 min. - WALK 1 min

REPEAT 2 times

TOTAL TIME = 20 minutes

WEEK 10

RUN 12 min. - WALK 1 min

THEN RUN 7 minutes

TOTAL TIME = 20 minutes

WEEK 11

RUN 15 min. - WALK 1 min

THEN RUN 4 minutes

TOTAL TIME = 20 minutes

WEEK 12

RUN 20 minutes

THEN: LEAP FOR JOY!


TOTAL TIME = 20 minutes

Health Benefits of *Walking*



Benefits:







-  weight loss
- increase metabolism
-  healthier heart
- increase self-esteem
-  tone muscles
- increase energy
-  stronger bones and joints
- relieve stress
-  strengthens immune system

 Walking is by far the most popular form of physical activity in the United States.

Thought To Reduce Risk Of:

- coronary heart disease ⊗
- strokes ⊗
- diabetes ⊗
- high blood pressure ⊗
- bowel cancer ⊗
- osteoporosis ⊗

Exercising in Nature:

-  Fresh air has more oxygen
-  Greenscapes raise serotonin levels
-  Triggers primal regions of our brain and psyche
-  More sensory stimulation
-  Increases feelings of well-being and lowers depression
-  Sun exposure increases vitamin D levels and helps optimize hormones

note - this infographic is not medical advice