

# RUN FOR FUN "RUN-WALK" Training Program

*\*The "Run-Walk" Training Program is best suited for those who are active 3-4 times per week and are new runners.*

<b>DAY MODE INTENSITY I-RATE SYSTEM</b>	<b>Monday Run-Walk Conversational Pace 6-7</b>	<b>Tuesday Cross-Training Moderate 7-8</b>	<b>Wednesday Rest</b>	<b>Thursday Run-Walk Conversational Pace 6-7</b>	<b>Friday Cross-Training Moderate 7-8</b>	<b>Saturday Run-Walk-Endurance Conversational Pace 6-7</b>	<b>Sunday Rest Day</b>
<b>WEEK 1</b>	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	Rest	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
<b>WEEK 2</b>	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	Rest	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times	Rest
<b>WEEK 3</b>	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	Rest	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times	Rest
<b>WEEK 4</b>	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	Rest	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	35 minutes Run 5 min/Walk 2 min Repeat 5 times	Rest
<b>WEEK 5</b>	35 minutes Run 5 min/Walk 2 min Repeat 5 times	30-40 minutes	Rest	35 minutes Run 5 min/Walk 2 min Repeat 5 times	30-40 minutes	35 minutes Run 5 min/Walk 2 min Repeat 5 times	Rest
<b>WEEK 6</b>	35 minutes Run 5 min/Walk 2 min Repeat 5 times	30-40 minutes	Rest	35 minutes Run 5 min/Walk 2 min Repeat 5 times	30-40 minutes	32 minutes Run 6 min/Walk 2 min Repeat 4 times	Rest
<b>WEEK 7</b>	32 minutes Run 6 min/Walk 2 min Repeat 4 times	30-40 minutes	Rest	32 minutes Run 6 min/Walk 2 min Repeat 4 times	30-40 minutes	32 minutes Run 6 min/Walk 2 min Repeat 4 times	Rest
<b>WEEK 8</b>	32 minutes Run 6 min/Walk 2 min Repeat 4 times	30-40 minutes	Rest	32 minutes Run 6 min/Walk 2 min Repeat 4 times	30-40 minutes	35 minutes Run 6 min/Walk 1 min Repeat 5 times	Rest
<b>WEEK 9</b>	35 minutes Run 6 min/Walk 1 min Repeat 5 times	30 minutes	Rest	35 minutes Run 6 min/Walk 1 min Repeat 5 times	30-40 minutes	35 minutes Run 6 min/Walk 1 min Repeat 5 times	Rest
<b>WEEK 10</b>	32 minutes Run 7 min/Walk 1 min Repeat 4 times	30 minutes	Rest	32 minutes Run 7 min/Walk 1 min Repeat 4 times	Rest	32 minutes Run 7 min/Walk 1 min Repeat 4 times	Rest

## SCHEDULE KEY

**Warm-up** 5 minutes walking briskly prior to every workout. **Cool-down** 5 minutes at an easy paced walk after to every workout.

**Stretch** after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

**Run-Walk**= Start every run-run session with a 5 minute walking warm up. Then run at a comfortable pace for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 min/Walk 2 min - Repeat 5 times= Run for 3 minutes follow with walking for 2 minutes - repeat sequence 5 times for a total of 25 minutes. Finish the session with 5 minutes of easy paced walking to cool down.

**I-Rate System**= A system to identify your effort level. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

**Cross-Training**= Include activities that are non running or walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for run training. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.