

RUN FOR FUN "WALK-RUN" Training Program

**The "Walk-Run" Training Program is best suited for those who are actively walking or exercising 3-4 times per week new to running.*

DAY MODE INTENSITY I-RATE SYSTEM	Monday Walk-Run Conversational Pace 6-7	Tuesday Cross-Training Conversational Pace 6-7	Wednesday Rest	Thursday Walk-Run Conversational Pace 6-7	Friday Cross-Training Conversational Pace 6-7	Saturday Walk-Run Conversational Pace 6-7	Sunday Rest Day
WEEK 1	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	30 minutes	Rest	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	30 minutes	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	Rest
WEEK 2	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	30 minutes	Rest	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	30 minutes	20 minutes Run 1 min/Walk 4 min. Repeat 4 times	Rest
WEEK 3	25 minutes Run 1 min/Walk 4 min. Repeat 5 times	30 minutes	Rest	25 minutes Run 1 min/Walk 4 min. Repeat 5 times	30 minutes	25 minutes Run 1 min/Walk 4 min. Repeat 5 times	Rest
WEEK 4	24 minutes Run 1 min/Walk 3 min. Repeat 6 times	30 minutes	Rest	24 minutes Run 1 min/Walk 3 min. Repeat 6 times	30 minutes	24 minutes Run 1 min/Walk 3 min. Repeat 6 times	Rest
WEEK 5	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	30 minutes	Rest	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	30 minutes	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	Rest
WEEK 6	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	30 minutes	Rest	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	30 minutes	28 minutes Run 1 min/Walk 3 min. Repeat 7 times	Rest
WEEK 7	30 minutes Run 2 min/Walk 3 min. Repeat 6 times	30 minutes	Rest	30 minutes Run 2 min/Walk 3 min. Repeat 6 times	30 minutes	30 minutes Run 2 min/Walk 3 min. Repeat 6 times	Rest
WEEK 8	30 minutes Run 2 min/Walk 3 min. Repeat 6 times	30 minutes	Rest	28 minutes Run 2 min/Walk 2 min. Repeat 7 times	30 minutes	28 minutes Run 2 min/Walk 2 min. Repeat 7 times	Rest
WEEK 9	28 minutes Run 2 min/Walk 2 min. Repeat 7 times	30 minutes	Rest	28 minutes Run 2 min/Walk 2 min. Repeat 7 times	30 minutes	28 minutes Run 2 min/Walk 2 min. Repeat 7 times	Rest
WEEK 10	30 minutes Run 3 min/Walk 2 min. Repeat 6 times	30 minutes	Rest	30 minutes Run 3 min/Walk 2 min. Repeat 6 times	30 minutes	30 minutes Run 3 min/Walk 2 min. Repeat 6 times	Rest

SCHEDULE KEY

Warm-up 5 minutes at an easy pace prior to every workout. **Cool-down** 5 minutes at an easy pace after to every workout.

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

Walk-Run Session= Start every walk-run session with a 5 minute walking warm up. Then run at conversational pace for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Walk 1 min/Walk 4 minutes - Repeat 4 times= for 20 minutes. Cool down with walking 5 minutes.

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 easy, conversational pace)

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 training. Cross-training allows you to rest your running muscles while training your cardiovascular system and other muscles.