

Learn to Run Program

Run for Life Learn to Run program is a progressive program of walking and running. By the end of this 8 week program you should be able to complete a 5k run.

The key to the Learn to Run program is to keep consistent and run/walk three times per week. Running is like mathematics and each day you complete serves as a building block for your future goals. Running is also an activity that requires rhythm and consistent running is the best way to establish this pattern.

Those wishing to take part in the Learn to Run program should be able to comfortably walk for 30 minutes.

Run for Life Learn to Run Schedule								
Week	1	2	3	4	5	6	7	8
Walk	5 min	5 min	5 min	5 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	10 min
Walk	5 min	2 min	2 min	1 min	1 min	4 min	4 min	
Run		1 min	2 min	2 min	4 min			
Walk		7 min	5 min	5 min	4 min			
Totals	26 min	25 min	28 min	24 min	29 min	32 min	36 min	34 min

NEXT: 5/10KM RUN