

3 times a week/30 minutes per session/16 week duration.

Some running essentials:

- Get fitted for proper running shoes at a dedicated running store FIRST!!! A lot of injuries can be avoided this way...just ask us.
- Avoid running on asphalt or concrete....find a good, smooth trail.
- A good warm-up is imperative to a safe run. A recommendation is to start with a 5min walk, 1-5minute light, slow jog , 5min walk, LIGHT, gentle stretching, 5min walk THEN start your routine. Doing this will get some blood flowing to your muscles before stretching. NEVER stretch a cold muscle.
- Cool-down. Very important. Cool-downs eliminates lactic acid, brings your heart-rate to normal and prevents muscle cramps. Walk for at least 5-10minutes. The more the better. Do a LIGHT, gentle stretch session after your walk, walk some more. Later that day/night, do a more intensive stretching.

Phase I Walk/Run Month 1 Mostly Walking (Times in minutes per day)								
Week	M	T	W	TH	F	S	S	TOTAL
1	Off	25/0	Off	30/0	Off	Off	30/0	85/0
2	Off	27/3	Off	27/3	Off	Off	27/3	81/9
3	Off	24/6	Off	24/6	Off	Off	24/6	72/18
4	Off	27/3	Off	24/6	Off	Off	24/6	75/15
Grand total: 313/42								

Phase - II Walk/Run Month 2 Mostly Walking (Times in minutes per day)								
Week	M	T	W	TH	F	S	S	TOTAL
1	Off	21/9	Off	21/9	Off	Off	21/9	63/27
2	Off	18/12	Off	18/12	Off	Off	18/12	54/36
3	Off	15/15	Off	15/15	Off	Off	15/15	45/45
4	Off	18/12	Off	15/15	Off	Off	15/15	48/42
Grand Total: 210/150								

Phase - III Walk/Run Month 3 Mostly Running (Times in minutes per day)								
Week	M	T	W	TH	F	S	S	TOTAL
1	Off	12/18	Off	12/18	Off	Off	12/18	36/54
2	Off	9/21	Off	9/21	Off	Off	9/21	27/63
3	Off	6/24	Off	6/24	Off	Off	6/24	18/72
4	Off	9/21	Off	6/24	Off	Off	6/24	21/69
Grand Total: 102/258								

Phase - IV Run Month 4 All Running (Times in minutes per day)								
Week	M	T	W	TH	F	S	S	TOTAL
1	Off	15	Off	15	Off	Off	20	50
2	Off	20	Off	20	Off	Off	20	60
3	Off	20	Off	25	Off	Off	25	70
4	Off	25	Off	25	Off	Off	30	80
Grand Total: 260								