

**"WOMEN CAN RUN"
10 WEEK BEGINNING RUNNERS TRAINING PROGRAM**

WEEK 1	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 1 minute / Walk 4 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 2	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 2 minutes / Walk 3 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 3	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 3 minutes / Walk 2 for 30 minutes Be comfortable / Check breathing Stretching 3 days per week
WEEK 4	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 4 minutes / Walk 1 for 30 minutes Cooldown: walk 2-5 minutes Stretching 3 days per week
WEEK 5	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 5 minutes / Walk 1 for 30 minutes Cooldown: walk 2-5 minutes Stretching 3 days per week
WEEK 6	Light Stretching Warm-up: Walk 5 minutes Alternate: Run 6 minutes / Walk 2 for 32 minutes Cooldown: walk 2-5 minutes Stretching 3 days per week

WEEK 7

Light Stretching
Warm-up: Walk 5 minutes
Alternate: Run 7 minutes / Walk 3 for 30 minutes
Cooldown: walk 2-5 minutes
Stretching
3 days per week

WEEK 8

Light Stretching
Warm-up: Walk 5 minutes
Alternate: Run 8 minutes / Walk 2 for 30 minutes
Cooldown: walk 2-5 minutes
Stretching
3 days per week

WEEK 9

Light Stretching
Warm-up: Walk 5 minutes
Alternate: Run 9 minutes/walk 1 minute for 30 minutes
Cooldown: walk 2-5 minutes
Stretching
3 days per week

WEEK 10

Light Stretching
Warm-up: Walk 5 minutes
Run 30 minutes
Cooldown: walk 2-5 minutes
Stretching
3 days per week

By the end of week ten you'll be running anywhere from 2 1/2 to 3 1/2 miles per day, or over 10 miles per week.

At the end of 10 weeks, you may choose to 1)continue with the daily workout as you did at week ten, 2) gradually increase your distance/time of the daily run (no more than 10% per week), 3) begin to try some strengthening work for upper/lower body, or 4) try some alternative workouts such as speedwork, hills or cross training.