

Sample Running Plan

This plan does not include approximate calories burned for each run and total burned calories for the day and total for the week, including your BMR. This can be calculated if a plan is purchased.

Daily running plan for a new runner

Week 1:

Day 1: Run 1/2 mile at an easy pace, walk for 5 minutes, then repeat 2 more times for a **total of 1.5 miles**. Finish with a cool-down walk for 5 minutes.

Day 2: Rest day.

Day 3: Run 3/4 mile at an easy pace, walk for 3 minutes, then repeat 2 more times for a **total of 2.25 miles**. Finish with a cool-down walk for 5 minutes.

Day 4: Rest day.

Day 5: Run 1 mile at an easy pace, walk for 2 minutes, then repeat 2 more times for a **total of 3 miles**. Finish with a cool-down walk for 5 minutes.

Day 6: Rest day.

Day 7: Run **1.5 miles at an easy pace**. Finish with a cool-down walk for 5 minutes.

Here's a sample dynamic warm-up routine you can do before each run:

Leg swings (front to back and side to side)

Walking lunges

High knees

Butt kicks

Side shuffles

Skipping

Carioca (grapevine) steps

Here are some good stretches to do after each run:

Hamstring stretch

Quad stretch

Calf stretch

Hip flexor stretch

IT band stretch

Glute stretch

Make sure to hold each stretch for 15-30 seconds and repeat on both sides. And remember to listen to your body and adjust the plan if needed. Good luck with your running journey!

If you would like a more personalized one (including exercises you love!) email me

fitcoachdoug@gmail.com 😊