

## R U Fit Running Program for Beginners

WEEK1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6 - RECOVERY WEEK
Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down	Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down	Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down	Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down	Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down	Intervals 10:5:5 10 Min Warm Up 5 x 30 sec run, 30 sec walk recovery 5 Min Cool down
Strength Program	Strength Program	Strength Program	Strength Program	Strength Program	Strength Program
Steady 10:5:5 10 Min Warm Up 5 Min Run 5 Min Cool Down	Steady 10:10:5 10 Min Warm Up 5 Min Run 5 Min Cool Down	Steady 10:15:5 10 Min Warm Up 5 Min Run 5 Min Cool Down	Steady 10:20:5 10 Min Warm Up 5 Min Run 5 Min Cool Down	Steady 10:20:5 10 Min Warm Up 5 Min Run 5 Min Cool Down	Steady 10:10:5 10 Min Warm Up 5 Min Run 5 Min Cool Down
Strength Program	Strength Program	Strength Program	Strength Program	Strength Program	Strength Program
Rest Day or Easy Run 20 mins	Rest Day or Easy Run 20 mins	Rest Day or Easy Run 20 mins	Rest Day or Easy Run 20 mins	Rest Day or Easy Run 20 mins	Rest Day or Easy Run 20 mins
Long Run 10 Min Warm Up 15 Min Run 5 Min Cool Down	Long Run 10 Min Warm Up 20 Min Run 5 Min Cool Down	Long Run 10 Min Warm Up 25 Min Run 5 Min Cool Down	Long Run 10 Min Warm Up 30 Min Run 5 Min Cool Down	Long Run 10 Min Warm Up 35 Min Run 5 Min Cool Down	Long Run 10 Min Warm Up 25 Min Run 5 Min Cool Down

This program is aimed for people who walk regularly and secretly have the urge to try running.

The numbers in 10:15:10 represent the workout break down.

The first number is the suggested time you spend in the warm up.

The second number is the time spent at intense workout.

The last number represents the time spent in cool down and stretching.

Most importantly I encourage you to enjoy your running. Find a buddy, meet up and commit to your training, and remember it is just training and recreational. If you get out there and feel like you need to take a break and need to walk, then do just that. Keep it real and keep it fun.

I suggest you check with your Doctor before you beginning any new exercise program.

If you follow this program and take the recommended rest and recovery breaks, you will enjoy the convenient activity of running and remain injury free.