

BITES

Run Club

Bite Into Running Training Plan

for anyone new to running or starting
back, this plan helps you build to
continuous running in under two months



week 1	5 MIN WALK 5X 1 MIN RUN/ 1 MIN WALK	REST	5 MIN WALK 5X 1 MIN RUN/ 1 MIN WALK	REST	8X 1 MIN RUN/ 1 MIN WALK	REST	10X 1 MIN RUN/ 1 MIN WALK
week 2	REST	10X 1 MIN RUN/ 1 MIN WALK	30 MIN WALK	REST	10X 1 MIN RUN/ 1 MIN WALK	REST	2X2 MIN RUN/ 1 MIN WALK 8X1 MIN RUN/ 1 MIN WALK
week 3	REST	10X 1 MIN RUN/ 1 MIN WALK	30 MIN WALK	REST	10X 1 MIN RUN/ 1 MIN WALK	REST	10X2 MIN RUN/ 1 MIN WALK
week 4	REST	10X 1 MIN RUN/ 1 MIN WALK	10X 1 MIN RUN/ 1 MIN WALK	REST	10X2 MIN RUN/ 1 MIN WALK	REST	5X4 MIN RUN/ 1 MIN WALK
week 5	REST	10X2 MIN RUN/ 1 MIN WALK	10X2 MIN RUN/ 1 MIN WALK	REST	5X4 MIN RUN/ 1 MIN WALK	REST	3X8 MIN RUN/ 1 MIN WALK
week 6	REST	5X4 MIN RUN/ 1 MIN WALK	3X8 MIN RUN/ 1 MIN WALK	REST	5X4 MIN RUN/ 1 MIN WALK	REST	2X 10 MIN RUN/ 2 MIN WALK
week 7	REST	3X8 MIN RUN/ 1 MIN WALK	2X 10 MIN RUN/ 2 MIN WALK	REST	2X 10 MIN RUN/ 2 MIN WALK	REST	20 MIN CONTINUOUS RUN



ALL RUN PORTIONS
SHOULD BE DONE AT A
RELAXED,
CONVERSATIONAL
PACE

VISIT US AT
[NEXTBESTRUN.COM](https://nextbestrun.com)
FOR COACHING
CONSULTS, CUSTOM
TRAINING PLANS, OR
PERSONALIZED
COACHING

