Return to Running or Beginner's Running Program

W=Walk; R=Run. Times are listed in minutes. (W 5/R 1 = **W**alk 5 minutes then **R**un 1 minute)
Warm-Up (walk, bike, etc.) for *at least* 5 minutes before every workout.
If returning to running, experiment till you find a good starting point (no pain during run & little/no pain or swelling after run), then follow the program from that point on

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	W 5/R 1 Repeat 5 times	OFF	W 5/R 1 5 times	OFF	W 5/R 1 5 times	OFF	W 5/R 1 5 times
2	OFF	W 4/R 2 5 times	OFF	W 4/R 2 5 times	OFF	W 4/R 2 5 times	OFF
3	W 4/R 2 5 times	OFF	W 3/R 3 5 times	OFF	W 3/R 3 5 times	OFF	W 3/R 3 5 times
4	OFF	W 3/R 3 5 times	OFF	W 2.5/R 5 4 times	OFF	W 2.5/R 5 4 times	OFF
5	W 2.5/R 5 4 times	OFF	W 2.5/R 5 4 times	OFF	W 3/R 7 3 times	OFF	W 3/R 7 3 times
6	OFF	W 3/R 7 3 times	OFF	W 3/R 7 3 times	OFF	W 2/R 8 3 times	OFF
7	W 2/R 8 3 times	OFF	W 2/R 8 3 times	OFF	W 2/R 8 3 times	OFF	W 2/R 9 2 times; then R 8
8	OFF	W 2/R 9 2 times; then R 8	OFF	W 2/R 9 2 times; then R 8	OFF	W 2/R 9 2 times; then R 8	OFF
9	W 1/R 9 3 times	OFF	W 1/R 9 3 times	OFF	W 1/R 9 3 times	OFF	W 1/R 9 3 times
10	OFF	W 2/R 13 2 times	OFF	W 2/R 13 2 times	OFF	W 2/R 13 2 times	W 2/R 13 2 times
11	OFF	W1/R 14 2 times	OFF	W1/R 14 2 times	OFF	W1/R 14 2 times	W1/R 14 2 times
12	OFF	R 30	OFF	R 30	OFF	R 30	OFF
13	R 30#	OFF	#	OFF	#	OFF	#

Add another OFF (rest) day between runs if you are still sore from your previous run
#Once you can run comfortably for 30 minutes, estimate the mileage covered in 30 minutes and progress your distance by 10-15% **per week** as long *as you don't have pain*.
Example: 30 minutes at 8 min/mile = 3.75 miles
3.75 miles x 0.10 [10%] = 0.375 / 3.75 miles x 0.15 [15%] = 0.563
So...add 0.38-0.56 miles to the following week
Visit www.JeffGalloway.com for sensible advice on further progressing running distance...

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