

RUSSELL RUN CLUB

LEARN TO RUN

or Return

8 Week Training Plan

Week	Day 1	Day 2	Day 3	Day 4 (optional)
1	5 x 1' Run / 1' Walk	6 x 1' Run / 1' Walk	7 x 1' Run / 1' Walk	7 x 1' Run / 1' Walk
2	8 x 1' Run / 1' Walk	9 x 1' Run / 1' Walk	10 x 1' Run / 1' Walk	10 x 1' Run / 1' Walk
3	5 x 2' Run / 1' Walk	6 x 2' Run / 1' Walk	7 x 2' Run / 1' Walk	7 x 2' Run / 1' Walk
4	5 x 3' Run / 1' Walk	6 x 3' Run / 1' Walk	7 x 3' Run / 1' Walk	7 x 3' Run / 1' Walk
5	4 x 4' Run / 1' Walk	5 x 4' Run / 1' Walk	6 x 4' Run / 1' Walk	6 x 4' Run / 1' Walk
6	3 x 5' Run / 1' Walk	4 x 5' Run / 1' Walk	5 x 5' Run / 1' Walk	5 x 6' Run / 1' Walk
7	2 x 7' Run / 1' Walk	3 x 7' Run / 1' Walk	4 x 7' Run / 1' Walk	4 x 7' Run / 1' Walk
8	3 x 10' Run / 1' Walk	3 x 10' Run / 1' Walk	2 x 14' Run / 1' Walk	2 x 14' Run / 1' Walk

Notes

- 3 x 1' Run / 1' Walk means running for 1 minute, walking for 1 minute, and repeating 3 times.
- Start and end each workout with a 5-minute brisk walk.
- Based on how you feel during and after each session:
 - Repeat the same workout,
 - Move back to an earlier workout,
 - Or skip a workout if needed.
- Aim to run 3–4 times per week (max 6). Running on consecutive days is okay, but avoid more than 2 days in a row right now. If you want to stay active on non-running days, consider cross-training (cycling, swimming, strength work, etc.).