

RUNNER'S WORLD

TRAINING PLAN

Run Your Butt Off!

Want to become a runner? Not sure where to begin? This programme will help you learn to run in just 30 minutes a day. It was developed by Budd Coates, four-time Olympic Trials marathoner and coach, who has helped thousands of runners take their first strides. Each week includes four days of workouts, and each workout takes roughly 30 minutes to complete. The 12-week programme starts with 30-minute walks, and over the course of the programme, gradually incorporates segments of running. By the final week of the programme, you'll be running 30 minutes straight. Throughout the plan, you'll get tips on gear, safety, and injury-prevention, plus advice on how to maintain your healthy eating habits and shed extra kilos.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Day 1 Walk 30 Minutes	Day 2 Rest	Day 3 Walk 30 Minutes	Day 4 Rest	Day 5 Walk 30 Minutes	Day 6 Walk 30 Minutes	Day 7 Rest
2	Day 8 Walk/run 29 Minutes	Day 9 Rest	Day 10 Walk/run 29 Minutes	Day 11 Rest	Day 12 Walk/run 29 Minutes	Day 13 Walk/run 29 Minutes	Day 14 Rest
3	Day 15 Walk/run 33 Minutes	Day 16 Rest	Day 17 Walk/run 33 Minutes	Day 18 Rest	Day 19 Walk/run 33 Minutes	Day 20 Walk/run 33 Minutes	Day 21 Rest
4	Day 22 Walk/run 33 Minutes	Day 23 Rest	Day 24 Walk/run 33 Minutes	Day 25 Rest	Day 26 Walk/run 33 Minutes	Day 27 Walk/run 33 Minutes	Day 28 Rest
5	Day 29 Run/walk 33 Minutes	Day 30 Rest	Day 31 Run/walk 33 Minutes	Day 32 Rest	Day 33 Run/walk 33 Minutes	Day 34 Run/walk 33 Minutes	Day 35 Rest
6	Day 36 Run/walk 33 Minutes	Day 37 Rest	Day 38 Run/walk 33 Minutes	Day 39 Rest	Day 40 Run/walk 33 Minutes	Day 41 Run/walk 33 Minutes	Day 42 Rest

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7	Day 43 Run/walk 33 Minutes	Day 44 Rest	Day 45 Run/walk 33 Minutes	Day 46 Rest	Day 47 Run/walk 33 Minutes	Day 48 Run/walk 33 Minutes	Day 49 Rest
8	Day 50 Run/walk 35 Minutes	Day 51 Rest	Day 52 Run/walk 35 Minutes	Day 53 Rest	Day 54 Run/walk 35 Minutes	Day 55 Run/walk 35 Minutes	Day 56 Rest
9	Day 57 Run/walk 33 Minutes	Day 58 Rest	Day 59 Run/walk 33 Minutes	Day 60 Rest	Day 61 Run/walk 33 Minutes	Day 62 Run/walk 33 Minutes	Day 63 Rest
10	Day 64 Run/walk 33 Minutes	Day 65 Rest	Day 66 Run/walk 33 Minutes	Day 67 Rest	Day 68 Run/walk 33 Minutes	Day 69 Run/walk 33 Minutes	Day 70 Rest
11	Day 71 Run/walk 34 Minutes	Day 72 Rest	Day 73 Run/walk 34 Minutes	Day 74 Rest	Day 75 Run/walk 34 Minutes	Day 76 Rest	Day 77 Run/walk 34 Minutes
12	Day 78 Run/walk 36 Minutes	Day 79 Rest	Day 80 Run/walk 36 Minutes	Day 81 Rest	Day 82 Run/walk 36 Minutes	Day 83 Rest	Day 84 Run/walk 36 Minutes

WEEK 1

Day 1, Monday · Walk 30 Minutes

This programme will help you become a runner and shed those extra kilos.

This programme consists of 12 stages of training. Repeat each workout at least three or four times in a week before moving on to the next stage. You can complete each stage in a week. Or you can stay in a stage for two or three weeks until you're ready to move on. Advance at a pace that feels comfortable to you.

The most important thing is that you remain consistent, working out three or four times a week. The repetition is what will make walking – and eventually running–feel easier. Over a period of weeks and months, you'll develop more leg and lung power, and you'll even gain more mental endurance. As you progress, you'll be able to nudge your body to shed its unwanted pounds.

This first week, starting today, you're going to focus on walking nonstop for 30 minutes. Get outside or on the treadmill three or four times. Don't worry about how fast you're walking or how far you go.

Day 2, Tuesday · Rest

Today is a rest day. You can walk if you like, or you can take it easy to save your energy for tomorrow. Even if you take the day off, you shouldn't be completely sedentary. Be as active as you can. The workouts are arranged so that you get a rest day in after most of your workouts. But you can develop whatever routine that works best for you. Walk on the days when you have enough time to get out the door and get back home without feeling rushed.

Day 3, Wednesday · Walk 30 Minutes

Don't worry about how fast you're walking or how far you go. Just focus on walking for 30 minutes. Develop a routine that's sustainable for the long haul. Beginners often make the mistake of exercising intensely for a short period of time, then quitting when they don't see results right away. If you can stick with this programme for 12 weeks, you'll start to see the results you're seeking. But consistency is the key.

Day 4, Thursday · Rest

Today is a rest day. You can walk if you like, or you can save your energy for tomorrow. Tell your friends and family about your training plan so that they can encourage you to reach your goals and help you celebrate your successes. Knowing that someone will be asking about your progress will help nudge you out the door when you're having a tough time getting motivated.

Day 5, Friday · Walk 30 Minutes

Remember to walk at a pace that feels comfortable for you. If you're huffing and puffing, you're going too fast. Just focus on moving, without stopping, for 30 minutes.

Day 6, Saturday · Walk 30 Minutes

The more active you are, the more kilojoules you burn. So find little ways to work more activity into your everyday life. Take the stairs instead of the elevator, park at a far-off space when you're at the store, and take the dog for an extra walk. The more you move, the better.

Day 7, Sunday · Rest

Today is a rest day. You can walk if you like, or you can take it easy to recover from yesterday's walk and save your energy for tomorrow. This evening get out your calendar and schedule your four workouts as appointments for the week ahead. You'll be so much more likely to get your workout done if you make a formal date with yourself, just as you would go to the dentist or to get a haircut. If possible, get into the habit of heading out at the same time each day. If it's built into your schedule, you're less likely to skip it.

WEEK 2

Day 8, Monday · Walk/run 29 Minutes

Welcome to Stage 2 of training! Now that you've worked up to walking for 30 minutes at a time, you're ready for Stage 2. This week, you'll be incorporating very short segments of running into your walks. It is important to keep the running portions very slow. In fact, when you first start running, your run shouldn't be much faster than your walk. Do this workout three or four times this week, starting today: WALK/RUN 29 MINUTES Walk for four minutes, then run for one minute. Repeat this sequence four more times. End with four minutes of walking. This workout is 29 minutes, including five minutes of running.

Day 9, Tuesday · Rest

It's best to take the day off from running today to recover from yesterday's workout. Keep moving and stay active, but save your running for tomorrow. Days off from running are an important part of training. Well-timed rest days help muscles adapt to the stresses of training, and help prevent injuries.

Day 10, Wednesday · Walk/run 29 Minutes

Walk for four minutes, then run for one minute. Repeat this sequence four more times. End with four minutes of walking. This workout is 29 minutes, including five minutes of running. Remember to keep your running segments very slow. If you're huffing and puffing, you're going too fast. Maintain a pace that feels easy, comfortable, and conversational. Don't worry about how fast you're going, just try to get into a rhythm that feels natural

Day 11, Thursday · Rest

Take it easy today to recover from yesterday's workout. You can exercise at an easy effort with biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. If you've never run before, you probably don't need to invest in running shoes right away. The sneakers you have will work just fine. In week five or six, when you're running more, you might want to invest in new shoes.

Day 12, Friday · Walk/run 29 Minutes

Walk for four minutes, then run for one minute. Repeat this sequence four more times. End with four minutes of walking. This workout is 29 minutes, including five minutes of running. As you take on the challenge of this new workout, don't forget to breathe. It's easy to inadvertently hold your breath, which can make the workout feel much more difficult. Deep breathing can help you run longer with less effort. Every time you breathe in, your belly should fill up like a balloon. Every time you breathe out, that balloon should deflate. Work on belly breathing when you're walking or doing everyday tasks. Eventually it will feel more natural and carry over into your running.

Day 13, Saturday · Walk/run 29 Minutes

Walk for four minutes, then run for one minute. Repeat this sequence four more times. End with four minutes of walking. This workout is 29 minutes, including five minutes of running. Try to avoid hills in these first few weeks. Give yourself time to adjust to the feeling of running. For now, stick to safe, flat, traffic-free routes that are convenient.

Day 14, Sunday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. If you're trying to shed pounds, it's a good idea to weigh yourself to track your progress, but try not to do it every day; step on the scale once a week instead. On a day-to-day basis, your weight can fluctuate based on a variety of factors. When you do weigh yourself, do it first thing in the morning, before you've had anything to eat or drink.

WEEK 3

Day 15, Monday · Walk/run 33 Minutes

Welcome to Stage 3 of training! Hopefully you have gotten into a good routine that fits well with your work and family schedule. This week, we're going to make your workouts slightly more challenging by incorporating a bit more running. Do this workout three or four times this week, starting today: Walk for four minutes. Run for two minutes. Repeat that sequence four more times. End with three minutes of walking. The whole workout will be 33 minutes, and that includes 10 minutes of running.

Day 16, Tuesday · Rest

Take it easy today to recover from yesterday's workout. Keep moving and stay active, but save your running for tomorrow. Mix up your terrain whenever you can; it will help you stay injury free. Get off the road and onto grass, trails, cinder paths, and even dirt. Tracks are ideal; the flat and rubberized surface can feel good. Just stay out of lanes one and two, the innermost lanes. Those are reserved for those runners who are trying to hit top speed.

Day 17, Wednesday · Walk/run 33 Minutes

Walk for four minutes. Run for two minutes. Repeat that sequence four more times. End with three minutes of walking. The whole workout will be 33 minutes, and that includes 10 minutes of running. You should finish each two-minute running interval feeling like you have enough energy to keep running. If you're struggling to finish the running interval, slow down. You want to finish the entire workout feeling energized and confident. If you go out too fast, then you'll end it feeling fatigued and discouraged.

Day 18, Thursday · Rest

Take it easy today to recover from yesterday's workout. Keep moving and stay active, but save your running for tomorrow. Just as finding the time to run requires planning, eating right requires planning, too. You'll save time, money, and extra calories if you have an eating plan. Sketch out what you'll be cooking for the next seven nights, and make up a shopping list before you go to the store. That will ensure that you have healthy ingredients in the house, and you won't be sidetracked by not-so-healthy choices.

Day 19, Friday · Walk/run 33 Minutes

Walk for four minutes. Run for two minutes. Repeat that sequence four more times. End with three minutes of walking. The whole workout will be 33 minutes, and that includes 10 minutes of running. Many people find that working out first thing in the morning is easiest, to avoid conflicts with other work and family commitments. If you take care of yourself first by getting your workout in, you'll be much better able to take care of everyone—and everything else—in your life.

Day 20, Saturday · Walk/run 33 Minutes

Walk for four minutes. Run for two minutes. Repeat that sequence four more times. End with three minutes of walking. The whole workout will be 33 minutes, and that includes 10 minutes of running. Be sure to keep a training diary to track your progress.

Record your time walking and running, description of the route, weather conditions, and how you felt while you were on the road. Also, take note of everything you saw and experienced while you were on the run. Do you see the same faces? Have you met new people? Have you had wildlife sightings or beautiful sunsets? Seeing how hard you have worked and how much you've experienced will give you a confidence boost when you need it. It will be a reminder of just how much you've broadened your horizons while shrinking your waistline.

Day 21, Sunday · Rest

Take it easy today to recover from yesterday's workout.

Keep in mind that your new exercise schedule does not give you the freedom to go into all-you-can-eat mode. The key to keeping weight off is controlling calorie intake along with a regular exercise routine.

WEEK 4

Day 22, Monday · Walk/run 33 Minutes

Welcome to Stage 4 of training! At the end of this week you will have completed a full month of workouts. Congratulations! This week you're going to add another minute of running to your workout. When you add this minute, you'll be walking and running in equal intervals, which is an amazing amount of progress in just four weeks. Do this workout three or four times this week, starting today: Walk for three minutes. Run for three minutes. Repeat that sequence four more times. End with three minutes of walking. Each workout will total 33 minutes, 15 of which are running.

Day 23, Tuesday · Rest

Take it easy today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. To lose weight, you have to create a calorie deficit. That means you have to consume fewer calories than your body uses in a day. To lose one pound of fat, a person needs to create a deficit of 3,500 calories, or about 500 calories per day, through exercise, or by cutting back on eating.

Day 24, Wednesday · Walk/run 33 Minutes

Walk for three minutes. Run for three minutes. Repeat that sequence four more times. End with three minutes of walking. Each workout will total 33 minutes, 15 of which are running. Don't skip meals. It can have a big impact on how you feel when you're running. You want to feel energized each time you hit the road, so you get the maximum benefit from each workout.

Day 25, Thursday · Rest

No running today to recover from yesterday's workout. Keep moving and stay active, but save your running for tomorrow. If you've been sick or missed a few workouts, don't try to jump back into running right where you left off. Instead, try a few easier workouts from an earlier stage. Once you feel comfortable, move on to the next stage.

Day 26, Friday · Walk/run 33 Minutes

Walk for three minutes. Run for three minutes. Repeat that sequence four more times. End with three minutes of walking. Each workout will total 33 minutes, 15 of which are running. If you get a side stitch while running, slow down and change your breathing pattern. Take quick, shallow breaths for a minute or two, then switch to deep breaths for a minute. If the pain doesn't subside, stop, get off the road and stretch, bending to the side opposite the stitch.

Day 27, Saturday · Walk/run 33 Minutes

Walk for three minutes. Run for three minutes. Repeat that sequence four more times. End with three minutes of walking. Each workout will total 33 minutes, 15 of which are running. Recruit friends to join you on your workouts. A training buddy will help keep you accountable. It's harder to blow off a workout if you know someone is waiting for you. Be sure to find someone who will go at your pace or slower.

Day 28, Sunday · Rest

Take it easy today to recover from yesterday's workout.

Congratulations! You've completed the first four stages of training—and at least one month of your workout program. You should feel very proud of yourself. By now hopefully you've gotten into a comfortable rhythm. The workouts should feel challenging, yet doable. Be sure to reward yourself for all of your hard work with (nonfood) treat like a new piece of gear, a day at the spa, a movie, or a date with a friend. These rewards will help you stay motivated.

Day 29, Monday · Run/walk 33 Minutes

Welcome to Stage 5 of training! This week you're going to continue to increase your running time. In fact, now you'll be running more than you walk. Complete this workout three or four times this week, starting today: Walk for two minutes 30 seconds. Run for five minutes. Repeat that sequence three more times. End with three minutes of walking. Each workout will last for 33 minutes. Twenty minutes of each workout are running. If you're doing these workouts correctly, there's little difference in speed between the running portions and the walking portions. Remember to run at a pace that leaves you feeling energized and confident at the end of each workout. Don't worry about how fast you're going. Your speed will develop over time.

Day 30, Tuesday · Rest

Take the day off from running today to recover from yesterday's workout. Be disciplined but flexible with your workout routine. Sometimes you have to make adjustments on the fly. If a blizzard is raging outside or if you need to put in extra time at the office, hold off on your workout until the next day. The more flexible you are, the better chances you'll have of creating a routine that's sustainable for the long term.

Day 31, Wednesday · Run/walk 33 Minutes

Walk for two minutes 30 seconds. Run for five minutes. Repeat that sequence three more times. End with three minutes of walking. Each workout will last for 33 minutes. Twenty minutes of each workout are running. Take the time to write down three or four goals for yourself. Make targets that you want to accomplish in the next month to three months. Make them specific enough that you'll know when you've accomplished them, and give yourself a deadline for meeting those goals.

Day 32, Thursday · Rest

Take the day off from running today to recover from yesterday's workout. Want to trim some calories? Get in the habit of measuring what you eat, especially for foods like pasta, cereal, and rice. Few of us know what a serving size looks like, so we end up consuming more kilojoules than we think.

Day 33, Friday · Run/walk 33 Minutes

Walk for two minutes 30 seconds. Run for five minutes. Repeat that sequence three more times. End with three minutes of walking. Each workout will last for 33 minutes. Twenty minutes of each workout are running.

Day 34, Saturday · Run/walk 33 Minutes

Walk for two minutes 30 seconds. Run for five minutes. Repeat that sequence three more times. End with three minutes of walking. Each workout will last for 33 minutes. Twenty minutes of each workout are running. Don't worry that people are watching you while you run. If you sense people giving you a long look as you go by, they're probably admiring your effort and wishing they could be as healthy as you are. Remember that just by getting out there, you are creating a powerful example for others to follow.

Day 35, Sunday · Rest

No running today to recover from yesterday's workout. Now is a good time to sign up for a race. Pick a 5K, which is 3.1 miles, for your first effort. Having a race on the calendar will motivate you to run on days when you may not otherwise get out the door. And training for and completing a race—regardless of your finishing time—will provide an enormous sense of accomplishment. The idea of a race can be daunting, but once you get there you'll find that it's a fun and supportive atmosphere. Look for a race with at least 500 people. Then, as long as you're doing some running, you won't be last.

Day 36, Monday · Run/walk 33 Minutes

Welcome to Stage 6 of training! This week, you'll continue to increase your running time. Now you're running as much in a single workout as you were running in an entire week back in Stage 2! Below is your routine for the week. As with the previous weeks, complete this workout three or four times in a week, starting today: Walk for 3 minutes. Run for seven minutes. Repeat that sequence two more times. End with three minutes of walking. Each workout will last for 33 minutes, and you'll spend 21 minutes running.

Day 37, Tuesday · Rest

Take the day off from running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Now is a good time to get new shoes if you haven't done so already, because worn-out or ill-fitting shoes can lead to injury. It's best to go to a specialty running shop, where experts will evaluate your gait and help you find a pair that offers your feet the support they need. It may seem like a big expense, but it will pay off in the many injury-free miles you're able to spend on the road.

Day 38, Wednesday · Run/walk 33 Minutes

Walk for three minutes. Run for seven minutes. Repeat that sequence two more times. End with three minutes of walking. Each workout will last for 33 minutes, and you'll spend 21 minutes running. Having trouble finding time to run? Get creative. When your kids have sports practices, walk/run near the field. If your mornings are hectic, work out midday as a lunch break. Keep a bag with your shoes and clothing in your car so you're ready to go at any time.

Day 39, Thursday · Rest

Take the day off from running today to recover from yesterday's workout. When you're running, comfort is key. Wear whatever clothes feel good to you. It's best to choose moisture-wicking shirts and shorts that keep the sweat away from your skin, and reduce chafing. If you're ready to try some running shirts or shorts, you don't have to break the bank. You can find quality gear at discount stores.

Day 40, Friday · Run/walk 33 Minutes

Walk for three minutes. Run for seven minutes. Repeat that sequence two more times. End with three minutes of walking. Each workout will last for 33 minutes, and you'll spend 21 minutes running. When you really, really don't feel like running, try this trick: Tell yourself you'll get out for five minutes, go very slow, and then you can stop. Once you're dressed and out the door, chances are you'll have the energy and the desire to keep going.

Day 41, Saturday · Run/walk 33 Minutes

Walk for three minutes. Run for seven minutes. Repeat that sequence two more times. End with three minutes of walking. Each workout will last for 33 minutes, and you'll spend 21 minutes running. Try keeping a food log for a few days or a week. It's a great way to track your progress and see which eating habits are tripping you up. Write down everything you eat and drink. Also record the time you eat. Include the measurements (cup, ounce or tablespoon) so you can get an honest sense of how much you're eating. Knowing exactly what and when you eat and drink can help you determine why the numbers on the scale aren't budging, or which healthy habits are helping you make big improvements.

Day 42, Sunday · Rest

Take the day off from running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. If the scale isn't budging, try this: Eliminate snacking for a few days and see what happens. Focus your eating around three or four meals, each roughly the same size, during the day. Give your mouth and digestive system three or four hours off in between meals, when you're not putting anything in there.

WEEK 7

Day 43, Monday · Run/walk 33 Minutes

Welcome to Stage 7 of your training plan. This week you'll be spending most of your workout running, because the recovery portion—the walking time—shrinks. Rest assured, you are ready for it. You've worked up to this gradually, and your body is now ready for the challenge. Do this workout three to four times this week, starting today: Walk for two minutes. Run for eight minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 24 minutes of that time running.

Day 44, Tuesday · Rest

Take it easy today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. If you feel up to it, you can add an extra workout this week, but go back to one of the first running workouts you did, like one minute of running/four minutes of walking.

Day 45, Wednesday · Run/walk 33 Minutes

Walk for two minutes. Run for eight minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 24 minutes of that time running. Want to find out how many calories you burned? Here's an easy way to make the calculation. Take your body weight, multiply it by .75, and multiply that by the miles you ran. That gives you calories burned during the workout. (Example: A 150-pound person runs 2 miles. $150 \times .75 = 112.5 \times 2 = 225$.)

Day 46, Thursday · Rest

No running today to recover from yesterday's workout. In order to get all the nutrients you need, it's important to eat a variety of different-colored produce. Try to eat at least one fruit or vegetable with every meal. It doesn't have to be fresh; frozen or canned versions pack just as much nutritional punch. Aim for at least three servings of vegetables and one to two servings of fruit each day.

Day 47, Friday · Run/walk 33 Minutes

Walk for two minutes. Run for eight minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 24 minutes of that time running. If you're running with a buddy, and you go at different speeds, that's fine. Do the walks together and begin the running portions together. Then, when it's time to walk again, the faster runner turns around and walks back toward the slower runner, so you can start off the next running segment together again.

Day 48, Saturday · Run/walk 33 Minutes

Walk for two minutes. Run for eight minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 24 minutes of that time running. When you're running for 8 minutes at a time, it's important to try to let your mind wander. Think about work, your family, your shopping list, anything. Just try not to fixate on the watch and how much time is left in the running segment.

Day 49, Sunday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Go back and look at the goals you set for yourself back in Stage 5. How are you doing on those? Can you check any of them off? If so, do it now. And then set new goals to replace the ones you've already accomplished. Keep pushing to get the most out of yourself.

WEEK 8

Day 50, Monday · Run/walk 35 Minutes

Welcome to Stage 8 of training! This week, you'll continue to build up your running time. Do this workout three to four times this week, starting today: Walk for two minutes. Run for nine minutes. Repeat that sequence one more time. Then walk for two minutes, run for eight minutes. End with three minutes of walking. Your total workout will last for 35 minutes. You'll spend 26 minutes running.

Day 51, Tuesday · Rest

No running today to recover from yesterday's workout. Be sure to stay hydrated throughout the day, but try to stay away from high-calorie sports drinks. Guzzling 20 ounces of sports drink can easily fill you up with more calories than you burned during your workout. Stick with water or low-calorie sports drinks.

Day 52, Wednesday · Run/walk 35 Minutes

Walk for two minutes. Run for nine minutes. Repeat that sequence one more time. Then walk for two minutes, run for eight minutes. End with three minutes of walking. Your total workout will last for 35 minutes. You'll spend 26 minutes running. This week you're doing 26 minutes of running. You're very close to your goal of running for 30 minutes nonstop. Be sure to plan a reward for yourself when you reach that goal. It's important to celebrate the milestones!

Day 53, Thursday · Rest

Take the day off from running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Slow down when you eat! It takes 20 minutes for the nerve endings in the gut to signal to the brain that you're full. So if you're constantly wolfing down your meals, you're more likely to overeat.

Day 54, Friday · Run/walk 35 Minutes

Walk for two minutes. Run for nine minutes. Repeat that sequence one more time. Then walk for two minutes, run for eight minutes. End with three minutes of walking. Your total workout will last for 35 minutes. You'll spend 26 minutes running.

Day 55, Saturday · Run/walk 35 Minutes

Walk for two minutes. Run for nine minutes. Repeat that sequence one more time. Then walk for two minutes, run for eight minutes. End with three minutes of walking. Your total workout will last for 35 minutes. You'll spend 26 minutes running. If you're sticking to your exercise routine, and developing healthier eating habits, don't get upset if the scale isn't budging. Often the scale doesn't reflect your increased level of fitness. But you may notice important ways that your body is changing. Do your pants feel looser? Do your arms and legs have more definition? These are good signs that you're making important progress.

Day 56, Sunday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Take some time to pat yourself on the back for all that you've achieved. Review your training log, and see all the time that you've spent running. Think about how your new level of fitness has changed your quality of life. Do you feel less tired in the afternoon? Can you chase your kids and keep up with them? Maybe a hot day doesn't affect you anymore. Good for you! Savor these victories.

WEEK 9

Day 57, Monday · Run/walk 33 Minutes

Welcome to Stage 9 of training. You are very close to meeting your goal of running for 30 minutes. In fact, you're only three minutes away. Do this workout three or four times this week, starting today:

Walk for one minute. Run for nine minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes, and 27 of those are running.

Day 58, Tuesday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Try to stay hydrated throughout each day, not just while you're out on the run. Women need 90 ounces of fluid per day; men need 120. The good news is, everything counts except alcohol. So even soup, or the juice in an orange, contribute to your fluid total. Drink a large glass of water with every meal.

Day 59, Wednesday · Run/walk 33 Minutes

Walk for one minute. Run for nine minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes, and 27 of those are running. Sometimes when the weather turns ugly, your best bet is to head indoors and run on a treadmill. Try to ignore the mileage counter or the speed, and cover the console with a towel if you have to. Just run for the time you're supposed to run. Take advantage of distractions like the TV or a music player.

Day 60, Thursday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. If you have chronically tight, sore muscles, apply heat before you run to loosen them up, then apply ice when you're finished running.

Day 61, Friday · Run/walk 33 Minutes

Walk for one minute. Run for nine minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes, and 27 of those are running. The important factor during your running segments is how you feel. The running should feel smooth and comfortable, as if you could go on forever.

Day 62, Saturday · Run/walk 33 Minutes

Walk for one minute. Run for nine minutes. Repeat that sequence two more times. End with three minutes of walking. Your total workout time will be 33 minutes, and 27 of those are running. Listen to your body: Remember that work, family, stress, nutrition, and sleep all factor into the amount of energy you bring to a run. If you need to, you can cut a run short or do it another day without compromising your training.

Day 63, Sunday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow.

Day 64, Monday · Run/walk 33 Minutes

Welcome to Stage 10 of training! This week, you'll get even closer to your goal. It might seem like a leap to go from 9 minutes of running last week to 13 minutes this week. But you get a little extra rest between the segments. You'll be fine! Do this workout three or four times this week, starting today: Walk for two minutes. Run for 13 minutes. Repeat that sequence one more time. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 26 minutes running.

Day 65, Tuesday · Rest

Take a break from running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Runners need at least 1/2 gram of protein per day for each pound of body weight. So if you weigh 150 pounds, you need at least 75 grams of protein from healthy sources like lean meats, beans, tofu, and dairy. Protein helps build and repair muscle tissue. And since it stays in the stomach longer, it will help prevent hunger pains, too.

Day 66, Wednesday · Run/walk 33 Minutes

Walk for two minutes. Run for 13 minutes. Repeat that sequence one more time. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 26 minutes running. If you want to fend off sniffles and sneezes, be sure to get your zzz's. Studies have shown that runners who average less than seven hours of sleep a night are more likely to get sick than those who get at least eight hours. Hormones that boost immunity are released during sleep. So each night, try to hit the hay a half hour earlier than you normally would.

Day 67, Thursday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. You can't do much to keep distracted drivers off the road, but you can prevent your own gadgets from contributing to an accident. If you are going to run with headphones, run with only one earbud in. You want to make sure that you can still hear outside noises, such as the sound of an approaching vehicle.

Day 68, Friday · Run/walk 33 Minutes

Walk for two minutes. Run for 13 minutes. Repeat that sequence one more time. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 26 minutes running. Certain pains are warning signs you shouldn't ignore. Sharp, sudden foot, shin, or hip pain that worsens as you run could be a sign of a stress fracture. Any pain that causes you to change your form should make you stop.

Day 69, Saturday · Run/walk 33 Minutes

Walk for two minutes. Run for 13 minutes. Repeat that sequence one more time. End with three minutes of walking. Your total workout time will be 33 minutes. You'll spend 26 minutes running. As soon as you finish running, rehydrate with water. If you're hungry, try to consume a snack with both protein and carbohydrate within an hour of your workout. The protein will help repair your fatigued muscles.

Day 70, Sunday · Rest

No running today to recover from yesterday's workout.

Regular exercise doesn't just build your body, it builds your confidence—and your hardest workouts will give you the most confidence. So, even when you're the most tired, remember that the tough stuff you do now will make you stronger in the long term.

Day 71, Monday · Run/walk 34 Minutes

Welcome to Stage 11 of training! This week you'll continue to increase the total time of your workout—and the amount of time that you're running. Do this workout three or four times this week, starting today: Walk for two minutes. Run for 14 minutes. Then walk for one minute, and run for 14 minutes. End with three minutes of walking. Your total workout time will be 34 minutes. You'll spend 28 minutes running.

Day 72, Tuesday · Rest

No running today to recover from yesterday's workout.

Your body tires faster in high heat, so when the temperatures soar, your run may feel twice as hard. In the summer, run at sunrise, the coolest time of day. Keep sun out of your eyes with a visor rather than a hat, which traps heat. Be sure to stay hydrated. Drink eight ounces of liquids before you head out, and sip plenty of fluids while you're out.

Day 73, Wednesday · Run/walk 34 Minutes

Walk for two minutes. Run for 14 minutes. Then walk for one minute, and run for 14 minutes. End with three minutes of walking. Your total workout time will be 34 minutes. You'll spend 28 minutes running. It's best to deal with a blister before it becomes painful enough to throw off your gait. Covering it with a Band-Aid or moleskin is ideal. But if home or an aid station is miles away, adjust your laces. Tightening them could stop heel slippage (a common cause of blisters); loosening them could take pressure off a hot spot.

Day 74, Thursday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Try to consume more dairy products than usual as you start to run more, because dairy contains carbs, protein, and bone-fortifying calcium. You can limit the fat by choosing low-fat or fat-free yogurt, cottage cheese, and milk.

Day 75, Friday · Run/walk 34 Minutes

Walk for two minutes. Run for 14 minutes. Then walk for one minute, and run for 14 minutes. End with three minutes of walking. Your total workout time will be 34 minutes. You'll spend 28 minutes running. If you need to freshen up training, try a change of scenery. Check out the Runner's World route finder (runnersworld.com/routefinder) to find courses in your area or map your own new route.

Day 76, Saturday · Rest

Take a break from running today to recover from yesterday's workout. If you're looking for a good cross-training activity, jump in the pool. Swimming builds strength in the upper body and core, which will help you maintain good form during races. Plus, the water feels good on achy muscles. Sign up for a swim fitness class to refine your technique. To keep the workout interesting, try changing strokes each lap, or do intervals, in which you swim hard for a lap, rest for 30 seconds, then repeat the cycle.

Day 77, Sunday · Run/walk 34 Minutes

Walk for two minutes. Run for 14 minutes. Then walk for one minute, and run for 14 minutes. End with three minutes of walking. Your total workout time will be 34 minutes. You'll spend 28 minutes running. Good form can help prevent injuries and make running feel easier. Try to run tall and avoid hunching over. Keep your chin up and look straight ahead. Relax your shoulders and shake out your arms to stay loose. Let your feet land directly underneath your body.

Day 78, Monday · Run/walk 36 Minutes

Welcome to the 12th and final stage of training! This week you will reach your goal: you will run for 30 minutes! Take some time this week to reflect on how far you've come. At the beginning of this program, your challenge was to build up to walking for 30 minutes. Now you're running for that entire time. Think about what kinds of physical and emotional changes you've experienced over the past three months. Celebrate all that you've accomplished! It might seem crazy to go from 14 minutes of running all the way to 30 minutes. Don't be intimidated. You're running only two more minutes total this week than you did last week. Your mind and your body are ready for this. Do this workout three or four times this week, starting today:

Walk for three minutes (or until you're good and ready). Then run for 30 minutes nonstop. End with three minutes of walking. Your total workout time will be 36 minutes. You'll spend 30 minutes running.

Day 79, Tuesday · Rest

Take a day off from running today to recover from yesterday's workout. Even if you're a confirmed solo runner, it's a good idea to explore running with others. When you know someone is waiting for you, you're not as likely to skip that day's run at the last minute. Plus, you can venture farther afield and at odder hours than you'd feel comfortable doing alone. Pay close attention to your respective paces and levels of fitness, so you're not introducing unnecessary tension. You can challenge yourself with your faster friends on days when you want a harder workout, and hook up with your slower friends on your easy recovery days.

Day 80, Wednesday · Run/walk 36 Minutes

Walk for three minutes (or until you're good and ready). Then run for 30 minutes nonstop. End with three minutes of walking. Your total workout time will be 36 minutes. You'll spend 30 minutes running. If you heavily rely on your GPS, iPod, or other piece of technical gear, try leaving it at home on one run each week. You'll be surprised at how liberating it feels. You'll be better able to tune in to how your effort feels while you're running. Plus, having the confidence that you can run gadget-free will help you get out the door or finish a run even when your devices break down.

Day 81, Thursday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow. Try to consume about the same number of calories on weekends as on weekdays. If you feast on whatever you want on Saturdays and Sundays, you'll cancel out five days' worth of healthy eating.

Day 82, Friday · Run/walk 36 Minutes

Walk for three minutes (or until you're good and ready). Then run for 30 minutes nonstop. End with three minutes of walking. Your total workout time will be 36 minutes. You'll spend 30 minutes running. Many runners suffer from stomach problems while running because the gut receives less blood midrun, causing poor GI function. The longer your run, the more likely you'll experience this. To prevent digestive problems, avoid high-fiber foods a few hours before workouts. Dehydration can worsen stomach issues; be sure to drink plenty of fluids before your run.

Day 83, Saturday · Rest

No running today to recover from yesterday's workout. You can walk, or exercise at an easy effort with swimming, biking, or an elliptical trainer if you like. Keep moving and stay active, but save your running for tomorrow.

Day 84, Sunday · Run/walk 36 Minutes

Walk for three minutes (or until you're good and ready). Then run for 30 minutes nonstop. End with three minutes of walking. Your total workout time will be 36 minutes. You'll spend 30 minutes running. Congratulations! You've completed the programme! In just 12 weeks, you have become a runner, and no doubt, you've made many other positive changes in your life along the way. We hope that you've developed a love of running that will stick with you for years to come. Thank you for training with Runner's World. Congratulations and good luck!