



WORKOUTS FOR RUNNERS (BEGINNERS)

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**Remember to see your physician before starting an exercise program. Before you begin any jogging or running program, make sure you're able to walk 2-3 miles at a brisk pace.*

STRENGTH DAY: *Lift weights or do body resistance exercises. Your muscles will help you finish strong and reduce the risk of injury.*

REST DAY: *You may be anxious to meet your goals, but it's important to give your body time to heal from the strain of hard training.*

OPTION DAY: *Choose an activity besides running or walking to empower different muscle groups – and to keep your workout fresh and interesting.*

POWER DAY: *These are your longest and most intense workout days. Make the most of them.*

WEEK ONE

MONDAY:

WARM UP: 5 minutes walking

STRETCH: 5 minutes

WALK: 5 minutes

JOG: 2 minutes

WALK: Alternate 2 minutes of walking with 2 minutes of jogging till you've gone for a total of 12 -16 minutes

CHECK YOUR HEART RATE: 10 second count (see chart)

COOL DOWN: 5 -10 minutes walking

STRETCH: 5 minutes

TUESDAY:

Take the day off from jogging/walking. Use this time to strengthen your body for a strong finish.

STRETCH: 5 minutes

STRENGTH: Choose 6 strength exercises. Start out lifting light weights and try 2 sets of 10

STRETCH: 5 minutes

WEDNESDAY:

WARM UP: 5 minutes easy walking

STRETCH: 5 minutes

MILE TEST: Go to a ¼-mile track where 4 laps = one mile. Time yourself for one mile. Try walking half a lap, then jogging half a lap for all four laps. Pace yourself!

RECORD TIME

COOL DOWN: 5 minutes

STRETCH: 5 minutes

THURSDAY:

Take the day off from jogging/walking. Use this time to strengthen your body for a strong finish

STRENGTH DAY

STRETCH: 5 minutes

STRENGTH: 15-20 minutes weight lifting or body resistant exercises

STRETCH: 5 minutes

FRIDAY:

Enjoy a 15-minute walk or jog

SATURDAY:

POWER DAY

WARM UP: A few minutes of walking

STRETCH: 5 minutes

WALK/JOG: Alternate between 5 minutes of jogging and 5 minutes of walking for a total of 20-30 minutes

CHECK YOUR HEART RATE

COOL DOWN: Walk or jog an easy 1/4 mile

STRETCH: 5 minutes

SUNDAY:

Take a day of rest, but not a day of inactivity! Exercise, weight train, or pick fun family outing

WEEK TWO

MONDAY:

WARM UP: 5 minutes walking

STRETCH: 5 minutes

JOG: 3 minutes

WALK: Alternate walking and jogging for at least a mile or for 20-25 minutes

HEART RATE: Check during workout

STRETCH; 5 minutes

TUESDAY:

STRENGTH DAY (no running)

3 upper body exercises

2 lower body exercises

1 - 2 abdominal exercises

STRETCH: 5 minutes

WEDNESDAY:

WARM UP: 5 minutes

STRETCH: 5 minutes

JOG/WALK: Try going to a track – jog the straight ways and walk on the curves for a total of 1 – 1 ½ miles.

COOL DOWN: 5 minutes walking

STRETCH: 3 - 5 minutes

THURSDAY:

STRENGTH DAY AND EXTRA STRETCHING

30 minutes

FRIDAY:

Take the day off!

SATURDAY:

POWER DAY

Increase your run/walk by ¼ mile today

WARM UP: Walk easy/stretch for 6 minutes

JOG/WALK: Try jogging for 6 minutes then walking for 2 minutes. Alternate for one mile.

COOL DOWN: by walking and stretching

SUNDAY:

Take an exercise class, enjoy a bike ride with the kids, or head to the gym for a little weight training.

**Missy Tip - Cut down on fried foods while increasing the amount of fruits and veggies you eat!*

WEEK 3

MONDAY:

WARM UP: 5 minutes walking

STRETCH: 5 minutes

WALK: 5 minutes

JOG: 10 minutes

WALK: 2 minutes

JOG: Another 5 -8 minutes

COOL DOWN: Walk/stretch for 6 minutes

TUESDAY:

STRENGTH DAY or **extra 20 minute walk**

WEDNESDAY:

WARM UP: 5 minutes

STRETCH: 5 minutes

TIME ½ MILE: Work on your speed a little and try to jog at a good pace for ½ mile

HEART RATE: 10 seconds

WALK: ¼ mile

JOG: Easy ½ mile

COOL DOWN: 3 - 6 minutes

THURSDAY:

STRENGTH DAY

Increase the amount you lift slightly.

FRIDAY:

Take the day off. You've earned some down time!

SATURDAY:

POWER DAY

STRETCH: 5-6 minutes

JOG/WALK: Go ¼ mile farther than have before - you can alternate 5 minutes of jogging with 1 minute of walking

COOL DOWN and STRETCH for 6 minutes.

SUNDAY:

FUN FAMILY DAY

Try getting the whole family out for soccer or picnic with biking involved etc.

**Missy Tip - Try cutting out calorie drinks. Drink more water and low calorie drinks. Drinking a couple of sodas a day can add on up to a lot of excess calories every week!*

WEEK FOUR

MONDAY:

WARM UP: 5 minute walk-jog

STRETCH: 5 minutes

JOG: 8 minutes

CHECK YOUR HEART RATE

WALK: 2 minutes

JOG: 8 minutes

COOL DOWN: by walking easy 5 minutes

STRETCH: 6 minutes

TUESDAY:

OPTION DAY

Mix it up! It's good to try a different activity once or twice a week like biking, hiking, swimming, etc.

Or spend 20 minutes working on your strength

WEDNESDAY:

WARM UP: 5 minutes

JOG: 3 laps on a track non-stop

CHECK YOUR HEART RATE

WALK: 1 minute

JOG: 3 easy laps

WALK: 5 – 10 minutes

STRETCH: 6 minutes

THURSDAY:

Take the day off and let your body rest!

FRIDAY:

OPTION DAY

Choose 20 minutes of the physical activity of your choice.

SATURDAY:

POWER DAY

Increase jog/walk by ¼ mile. Jog more of it, walk less.

SUNDAY:

OPTION DAY

Don't just walk the dog, try *running* with him! Play a game of kickball with the kids or enjoy a little dancing.

WEEK FIVE

MONDAY:

WARM UP: 5 minutes walking/jogging

STRETCH: 5 minutes

JOG: 10 minutes easy

CHECK YOUR HEART RATE

WALK: 2 minutes

JOG: 5 to 10 minutes more

COOL DOWN: by stretching and walking for 6 minutes

TUESDAY:

OPTION DAY

20 minutes of physical activity with 10 minutes devoted to STRENGTH training

WEDNESDAY:

WARM UP: 5 minutes walking

STRETCH: 5 minutes

ONE MILE: timed at your usual track. Start off with an easy jog and see how far you can go without walking. Try to keep a steady pace.

RECORD TIME and COOL DOWN 5-10 minutes

THURSDAY:

Take the day off from running and walking. This would be a great day for some strength training.

FRIDAY:

OPTION DAY

Get a little more aggressive with your "option." Make it a 30-minute workout.

SATURDAY:

POWER DAY

WARM UP AND STRETCH: 5 – 10 minutes

MAKE THIS YOUR LONGEST JOG/WALK

You can add ¼ to ½ mile unless you're satisfied with last weeks distance

STRETCH: 6 minutes

SUNDAY:

OPTION DAY

Pack a picnic in your backpack and go check out one of the many walking/hiking trails in our local parks. Don't forget your water bottle, insect repellent, and a camera!

**Missy Tip - Make sure you are stretching sufficiently and getting enough water to prevent dehydration and injuries.*

WEEK SIX

MONDAY:

WARM UP: 5 minutes walking/jogging
STRETCH: 5 minutes
JOG: 5 minutes
CHECK YOUR HEART RATE
WALK: 1 minute
JOG: 8 minutes
WALK: 1 minute
COOL DOWN: Easy walking/stretching

TUESDAY:

STRENGTH DAY

WEDNESDAY:

WARM UP AND STRETCH: 10 minutes
JOG: 1 MILE at a steady comfortable pace
CHECK YOUR HEART RATE
JOG: ¼ mile at a faster pace
COOL DOWN: Walking for ¼ mile
STRETCH: 6 minutes

THURSDAY:

REST DAY

FRIDAY:

WARM UP: 5 minutes walk/jog
STRETCH: 5 minutes
JOG: 14 minutes
COOL DOWN: 5 minutes

SATURDAY:

OPTION DAY

Pick an activity that's really fun for you! It will keep you motivated.

SUNDAY:

BIG RACE DAY

WARM UP: Walk/jog 5 minutes
STRETCH: 5 – 10 minutes
RACE: Don't go out too fast! Keep a steady pace, stop at mile one and mile two to get water and walk a little.
COOL DOWN: When you cross the finish line, walk a little and burn off some of that energy. Celebrate your accomplishment!

GREAT JOB!!!