

# STAFFORD HARRIERS

## COMPLETE BEGINNERS SCHEDULE -14 WEEKS.



Whatever your level of fitness you should comfortably be able to build from nothing to running continuously for 50 minutes in the space of fourteen weeks. All you need to do is make a commitment to run at least three times a week and follow this simple run-walk programme.

Note the following:

- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Always stretch after a run and even on non running days.

### The Schedule

- **Week 1 6.15 Tuesday and Thursday** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2 6.15 Tuesday and Thursday** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3 6.15 Tuesday and Thursday** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4 6.15 Tuesday and Thursday** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5 6.15 Tuesday and Thursday** Run eight mins, walk two mins. Repeat three times. Do three times a week.
- **Week 6 6.15 Tuesday and Thursday** Run ten mins, walk one min. Repeat three times. Do three times a week..
- **Week 7 6.15 Tuesday and Thursday** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 8 6.15 Tuesday and Thursday** Run 15 mins, walk one min, Repeat twice. Do two times a week.
- **Week 9 6.15 Tuesday and Thursday** Run 30 mins continuously. Do two times a week.
- **Week 10 6.15 Tuesday and Thursday** Run 30 mins continuously. Do two times a week.
- **Week 11 6.15 Tuesday and Thursday** Run 35 mins continuously. Do two times a week.
- **Week 12 6.15 Tuesday and Thursday** Run 40 mins continuously. Do two times a week.
- **Week 13 6.15 Tuesday and Thursday** Run 45 mins continuously. Do two times a week.
- **Week 14 6.15 Tuesday and Thursday** Run 50 mins continuously. Do two times a week.

MOVE UP TO THE 6.00PM IMPROVERS GROUP WHICH MEETS ON MONDAY, WEDNESDAY AND FRIDAY. SEE WEBSITE FOR MORE DETAILS.