

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 Monday and Wednesday** Run one min, walk 90 seconds. Repeat eight times. Do three times a week.
- **Week 2 6.15 Monday and Wednesday** Run two mins, walk one min. Repeat seven times. Do three times a week.
- **Week 3 6.15 Monday and Wednesday** Run three mins walk one mins. Repeat six times. Do three times a week.
- **Week 4 6.15 Monday and Wednesday** Run five mins, walk two mins. Repeat four times. Do three times a week.
- **Week 5 6.15 Monday and Wednesday** Run eight mins, walk two mins. Repeat three times. Do three times a week
- **Week 6 6.15 Monday and Wednesday** Run ten mins, walk one min. Repeat three times. Do three times a week..
- **Week 7 6.15 Monday and Wednesday** Run 12 mins, walk one min. Repeat three times. Do three times a week.
- **Week 8 6.15 Monday and Wednesday** Run 15 mins, walk one min, Repeat twice. Do three times a week
- **Week 9 6.15 Monday and Wednesday** Run 30 mins continuously. Do three times a week.
- **Week 10 6.15 Monday and Wednesday** Run 30 mins continuously. Do three times a week.
- **Week 11 6.00 Monday and Wednesday** Run 35 mins continuously. Do two times a week.
- **Week 12 6.00 Monday and Wednesday** Run 40 mins continuously. Do two times a week.
- **Week 13 6.00 Monday and Wednesday** Run 45 mins continuously. Do two times a week.
- **Week 14 6.00 Monday and Wednesday** Run 50 mins continuously. Do two times a week.

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