

## Beginning Women's Running: Training Plan One

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest or Walk	10 min walk, <b>20 min of alternating 1 min run with 2 min walk</b> , 10 min walk	Rest or Cross Train	10 min walk, <b>20 min of alternating 1 min run with 1 min walk</b> , 10 min walk	Rest	10 min walk, <b>20 min of alternating 1 min run with 2 min walk</b> , 10 min walk	30 minute walk
2	Rest or Walk	10 min walk, <b>20 min of alternating 2 min run with 1 min walk</b> , 10 min walk	Rest or Cross Train	5 min walk, <b>6 repeats of 3 min run with 1 min walk</b> , 5 min walk	Rest	10 min walk, <b>20 min of alternating 1 min run with 1 min walk</b> , 10 min walk	30 minute walk
3	Rest or Walk	5 min walk, <b>5 repeats of 4 min run with 1 min walk</b> , 5 min walk	Rest or Cross Train	5 min walk, <b>5 repeats of 5 min run with 1 min walk</b> , 5 min walk	Rest	5 min walk, <b>4 repeats of 6 min run with 1 min walk</b> , 5 min walk	40 minute walk
4	Rest or Walk	5 min walk, <b>4 repeats of 7 min run with 1 min walk</b> , 5 min walk	Rest or Cross Train	5 min walk, <b>3 repeats of 8 min run with 1 min walk</b> , 5 min walk	Rest	5 min walk, <b>3 repeats of 9 min run with 1 min walk</b> , 5 min walk	40 minute walk
5	Rest or Walk	5 min walk, <b>2 repeats of 12 min run with 1 min walk</b> , 5 min walk	Rest or Cross Train	5 min walk, <b>16 min run, 1 min walk, 10 min run</b> , 5 min walk	Rest	5 min walk, <b>18 min run, 1 min walk, 10 min run</b> , 5 min walk	60 minute walk
6	Rest or Walk	5 min walk, <b>20 min run, 1 min walk, 10 min run</b> , 5 min walk	Rest or Cross Train	5 min walk, <b>22 min run, 1 min walk, 8 min run</b> , 5 min walk	Rest	5 min walk, <b>24 min run, 1 min walk, 6 min run</b> , 5 min walk	60 minute walk
7	Rest or Walk	5 min walk, <b>26 min run, 1 min walk, 4 min run</b> , 5 min walk	Rest or Cross Train	5 min walk, <b>30 min run</b> , 5 min walk, <i><b>Jump for Joy!</b></i>	Rest	5 min walk, <b>30 min run</b> , 5 min walk	60 minute walk
8	Rest or Walk	5 min walk, <b>30 min run</b> , 5 min walk	Rest or Cross Train	10 min walk, <b>20 min run</b> , 10 min walk	Rest	Rest	5K Race