

WALK to RUN PLAN



Walk-to-run plans are a great way to start your training. Work on improving your fitness gradually every day. Remember to warm up first!



Day_1

Run 30 seconds
Walk 1 minute
Repeat 6x

Day_2

Run 30 seconds
Walk 45 seconds
Repeat 6x

Day_3

Run 30 seconds
Walk 30 seconds
Repeat 6x

Day_4

Run 45 seconds
Walk 45 seconds
Repeat 6x

Day_5

Run 45 seconds
Walk 30 seconds
Repeat 6x

Day_6

Run 45 seconds
Walk 15 seconds
Repeat 6x

Day_7

Run 1 minute
Walk 1 minute
Repeat 6x

Day_8

Run 1 minute
Walk 45 seconds
Repeat 6x

Day_9

Run 1 minute
Walk 30 seconds
Repeat 6x

Day_10

Run 90 seconds
Walk 1 minute
Repeat 6x

Day_11

Run 90 seconds
Walk 45 seconds
Repeat 6x

Day_12

Run 90 seconds
Walk 30 seconds
Repeat 6x