

## First Steps

### First Steps to Running 20 minutes

Adopted from Runner's World Online

Here's the official Runner's World beginning-running program. It will get you to 20 minutes of easy running in just 10 weeks. Remember: You must repeat the basic workout three to four times per week.

If you're starting from a low fitness level, we recommend you begin with several weeks of walking for 20 to 30 minutes at a time before attempting Week 1. Also, if you have not exercised for a long time or have existing or family health problems, see your physician before you begin this program.

Week	Run	Walk	Repeat	Total Time
1	1 min	2 min	7x	21 min
2	1 min	1 min	10x	20 min
3	2 min	1 min	7x	21 min
4	3 min	1 min	5x	20 min
5	4 min	1 min	4x	20 min
6	6 min	1 min	3x	21 min
7	9 min	1 min	2x	20 min
8	12 min	1 min	Then run 7 min	20 min
9	15 min	1 min	Then run 4 min	20 min
10	20 min	Leap for joy		20 min

Note: Always warm up for your workout with a couple minutes of walking and/or slow jogging, and cool down afterward with the same. If you cannot reach 20 minutes of continuous running, try to run 8 or 9 minutes, walk 1 or 2 minutes, and repeat. When you succeed at reaching the 20-minute goal - and you will - gradually increase your distance to whatever level you choose.

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