



Aerobic exercise: Running

Please check with your doctor before starting any exercise program.

Running can be a great form of aerobic exercise. It increases the heart rate and reduces stress and anxiety. However, running can be hard if you have never done it before. Check out the basic tips below and a plan you can use to go from walking to running in a few months!

Some tips to start...

- Get some comfortable sneakers- running can be hard on the body, so make sure you have good footwear for cushioning and support.
- Warm up before you run and cool down after you're finished to prevent injury.
- Use good posture, keep your head up and your shoulders back; this will open your chest and help you to breathe.
- Breathe in through your nose and your mouth when you run to get a good amount of oxygen and take full breaths.
- Remember your safety- if you are running outside, be sure you are in a safe area and at a time when others are around, or try to run in a group with friends.
- Don't try to do too much at once, especially if running is new to you. Pace yourself until you get comfortable or try the walk-to-run plan below!

Walk-to-run plan (8 WEEKS)

Week 1:

- Monday: walk 2 minutes, run 1 minute (repeat 7 times for a total of 21 minutes)
- Wednesday: walk 2 minutes, run 2 minutes (repeat 6 times for a total of 24 minutes)
- Friday: walk 2 minutes, run 3 minutes (repeat 5 times for a total of 25 minutes)

Week 2:

- Monday: walk 1 minute, run 3 minutes (repeat 7 times for a total of 28 minutes)
- Wednesday: walk 1 minute, run 4 minutes (repeat 5 times for a total of 25 minutes)
- Friday: walk 1 minute, run 5 minutes (repeat 5 times for a total of 30 minutes)

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Week 3:

- Monday: walk 1 minute, run 6 minutes (repeat 4 times for a total of 28 minutes)
- Wednesday: walk 1 minute, run 7 minutes (repeat 4 times for a total of 32 minutes)
- Friday: walk 1 minute, run 8 minutes (repeat 4 times for a total of 36 minutes)

Week 4:

- Monday: run 8 minutes, walk 1 minute (repeat four times for a total of 36 minutes)
- Wednesday: run 8 minutes, walk 1 minute; run 9 minutes, walk 1 minute (repeat two times for a total of 38 minutes)
- Friday: run 9 minutes, walk 1 minute; run 10 minutes, walk 1 minute (repeat 2 times for a total of 42 minutes)

Week 5:

- Monday: run 10 minutes, walk 1 minute (repeat four times for a total of 44 minutes)
- Wednesday: run 10 minutes, walk 1 minute; run 12 minutes (repeat one time for a total of 23 minutes)
- Friday: run 12 minutes, walk 1 minute; run 15 minutes (repeat one time for a total of 28 minutes)

Week 6:

- Monday: run 15 minutes, walk 1 minutes, run 15 minutes (repeat one time for a total of 31 minutes)
- Wednesday: run 15 minutes, walk 1 minute, run 18 minutes (repeat one time for a total of 34 minutes)
- Friday: run 18 minutes, walk 1 minute, run 20 minutes (repeat one time for a total of 39 minutes)

Week 7:

- Monday: run 10 minutes, walk 1 minute, run 21 minutes (repeat one time for a total of 32 minutes)
- Wednesday: run 10 minutes, walk 1 minute, run 23 minutes (repeat one time for a total of 34 minutes)
- Friday: run 10 minutes, walk 1 minute, run 25 minutes (repeat one time for a total of 36 minutes)

Week 8:

- Monday: run 26 minutes (repeat one time for a total of 26 minutes)
- Wednesday: run 28 minutes (repeat one time for a total of 28 minutes)
- Friday: run 30 minutes (repeat one time for a total of 30 minutes)

