

4-WEEK RUNNING PLAN FOR BEGINNERS

Plus Easy Running Tips for Beginners



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MON

Run for 1 min
Walk for 2 min
Repeat 10 times

**WED
WEEK 1**

Run for 1 min
Walk for 2 min
Repeat 10 times

FRI

Run for 1 min
Walk for 2 min
Repeat 10 times

WEEK 2

Run for 2 min
Walk for 1 min
Repeat 10 times

Run for 3 min
Walk for 1 min
Repeat 7 times

Run for 4 min
Walk for 1 min
Repeat 6 times

WEEK 3

Run for 5 min
Walk for 1 min
Repeat 5 times

Run for 5 min
Walk for 1 min
Repeat 5 times

Run for 6 min
Walk for 1 min
Repeat 4 times

WEEK 4

Run for 8 min
Walk for 1 min
Repeat 3 times

Run for 9 min
Walk for 1 min
Repeat 2 times

Run for 10 min
Walk for 1 min
Repeat 2 times

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Beginners Guide To Running

Roman Wölfel



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