

# 30 Day

# Beginner Running Training Schedule

DAY 1

1 min run  
5 min walk  
X 3

DAY 2

1 min run  
4 min walk  
X 3

DAY 3

**Rest**

DAY 4

2 min run  
4 min walk  
X 3

DAY 5

30-45 min  
cross training  
or rest

DAY 6

3 min run  
3 min walk  
X 3

DAY 7

**Rest**

DAY 8

4 min run  
2 min walk  
X 3

DAY 9

30-45 min  
cross training  
or rest

DAY 10

5 min run  
2 min walk  
X 3

DAY 11

6 min run  
2 min walk  
X 3

DAY 12

**Rest**

DAY 13

7 min run  
2 min walk  
7 min run

DAY 14

30-45 min  
cross training  
or rest

DAY 15

8 min run  
2 min walk  
X 2

DAY 16

**Rest**

DAY 17

10 min run  
2 min walk  
X 2

DAY 18

30-45 min  
cross training  
or rest

DAY 19

12 min run  
2 min walk  
6 min run

DAY 20

13 min run  
2 min walk  
5 min run

DAY 21

**Rest**

DAY 22

14 min run  
2 min walk  
5 min run

DAY 23

30-45 min  
cross training  
or rest

DAY 24

15 min run  
2 min walk  
4 min run

DAY 25

**Rest**

DAY 26

16 min run  
1 min walk  
4 min run

DAY 27

30-45 min  
cross training  
or rest

DAY 28

18 min run  
1 min walk  
3 min run

DAY 29

**Rest**

DAY 30

5 min walk  
20 min run  
5 min walk