



FROM ZERO TO 30 MINUTES IN SIX WEEKS

If you're completely new to running, the following plan will help you to run for 30 minutes in just six weeks – please make sure you can do this before attempting any other plan.

Stick to the schedule and you will be amazed at how quickly you improve.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Rest	Run 30 seconds, walk 30 seconds. Repeat 20 times.	Rest	Run one minute, walk one minute. Repeat 10 times.	Rest	Rest	Run two minutes, walk three minutes. Repeat five times.
WEEK 2	Rest	Run two minutes, walk two minutes. Repeat five times.	Rest	Run three minutes, walk four minutes. Repeat four times.	Rest	Rest	Run three minutes, walk three minutes. Repeat four times.
WEEK 3	Rest	Run four minutes, walk four minutes. Repeat four times.	Rest	Run five minutes, walk five minutes. Repeat four times.	Rest	Rest	Run five minutes, walk four minutes. Repeat four times.
WEEK 4	Rest	Run seven minutes, walk four minutes. Repeat three times.	Rest	Run seven minutes, walk three minutes. Repeat three times.	Rest	Rest	Run seven minutes, walk two minutes. Repeat three times.
WEEK 5	Rest	Run nine minutes, walk two minutes. Repeat twice.	Rest	Run 10 minutes, walk two minutes. Repeat twice.	Rest	Rest	Run 12 minutes, walk two minutes. Repeat twice.
WEEK 6	Rest	Run 12 minutes, walk two minutes. Repeat twice.	Rest	Run 15 minutes, walk one minute. Repeat twice.	Rest	Rest	Run 30 minutes.