

## 9 Week Running Schedule for Beginners

### WEEK 1-Running Schedule for Beginners

Mileage

Monday	1	Warm-up 10 minutes prior to starting your 1 mile. Run as long as you can and then walk until you feel recovered and run again until you reach 1 mile. Follow post workout below.
Tuesday	1-2	Warm-up 10 minutes prior to starting. Run as long as you can and then walk until you feel recovered and run again until you finish. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	2	Warm-up 10 minutes prior to starting your 2 miles. Run as long as you can and then walk until you feel recovered and run again until you reach 2 miles. Follow post workout below.
Friday	2	Warm-up 10 minutes prior to starting your 2 miles. Run as long as you can and then walk until you feel recovered and run again until you reach 2 miles. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	3	Warm-up 10 minutes prior to starting your 3 miles. Run as long as you can and then walk until you feel recovered and run again until you reach 3 miles. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

2 SETS: 15 push-ups, 30 crunch sit ups, 15 body weight squats, and 15 lunges, each leg. Keep good form and if you feel good, do THREE sets!

#### Tuesday, Thursday, Sunday, Post Workout:

2 SETS: 3 minutes jump rope, 15 reverse lunges, 25 crunch sit ups – if you feel good, do THREE sets!

### WEEK 2-Running Schedule for Beginners

Mileage

Monday	1	Warm-up 10 minutes prior to starting your 1 mile. Run as long as you can and then walk until you feel recovered and run again until you reach 1 mile. Follow post workout below.
Tuesday	1-2	Warm-up 10 minutes prior to starting. Run as long as you can and then walk until you feel recovered and run again until you finish. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	2-3	Warm-up 10 minutes prior to starting your miles. Run as long as you can and then walk until you feel recovered and run again until you finish. Follow post workout below.
Friday	2-3	Warm-up 10 minutes prior to starting your miles. Run as long as you can and then walk until you feel recovered and run again until you finish. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	4	Warm-up 10 minutes prior to starting your 4 miles. Run as long as you can and then walk until you feel recovered and run again until you reach 4 miles. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

2 SETS: 20 push-ups, 40 crunch sit ups, 20 body weight squats, and 20 lunges, each leg. Keep good form and if you feel good, do THREE sets!

#### Tuesday, Thursday, Sunday, Post Workout:

2 SETS: 4 minutes jump rope, 20 reverse lunges, 30 crunch sit ups – if you feel good, do THREE sets!

### WEEK 3-Running Schedule for Beginners

Mileage

Monday	2	Warm-up 10 minutes prior to starting your 2 miles. Run <b>ALL</b> 2 miles and time both of them. Follow post workout below.
Tuesday	3-4	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	3-4	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3-4	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	5	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 30 crunch sit ups.

### WEEK 4-Running Schedule for Beginners

Mileage

Monday	2	Warm-up 10 minutes prior to starting your 2 miles. Run <b>ALL</b> 2 miles and time both of them. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. <b>Run first 2 miles</b> then you can run/walk the following. Follow post workout below.

Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups.

### WEEK 5-Running Schedule for Beginners

#### Mileage

Monday	3	Warm-up 10 minutes prior to starting your 3 miles. Run <b>ALL</b> 3 miles and time both of them. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. <b>Run all 3 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

#### Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

### WEEK 6-Running Schedule for Beginners

#### Mileage

Monday	2	Warm-up 10 minutes prior to starting your 2 miles. Run <b>2</b> miles and time both of them. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. <b>Run all 3 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. <b>Run first 3 miles</b> then you can run/walk the following. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

#### Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

### WEEK 7-Running Schedule for Beginners

Mileage

Monday	3	Warm-up 10 minutes prior to starting your 3 miles. Run <b>3</b> miles and time both of them. Follow post workout below.
Tuesday	5	Warm-up 10 minutes prior to starting. <b>Run first 4 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	5	Warm-up 10 minutes prior to starting. <b>Run first 4 miles</b> then you can run/walk the following. Follow post workout below.
Friday	5	Warm-up 10 minutes prior to starting. <b>Run all 4 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6-8	Warm-up 10 minutes prior to starting. <b>Run first 4 miles</b> then you can run/walk the following. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

#### Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

### WEEK 8-Running Schedule for Beginners

Mileage

Monday	2	Warm-up 10 minutes prior to starting your 2 miles. Run <b>2</b> miles and time both of them. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. <b>Run all 4 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	4	Warm-up 10 minutes prior to starting. <b>Run all 4 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. <b>Run all 3 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	6	Warm-up 10 minutes prior to starting. <b>Run first 4 miles</b> then you can run/walk the following. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

#### Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .

### WEEK 9-Running Schedule for Beginners

Mileage

Monday	3	Warm-up 10 minutes prior to starting your 3 miles. Run <b>3</b> miles and time both of them. Follow post workout below.
Tuesday	4	Warm-up 10 minutes prior to starting. <b>Run all 4 miles</b> then you can run/walk the following. Follow post workout below.
Wednesday	0	Active rest-walk, bike, hike swim. Follow post workout.
Thursday	7	Warm-up 10 minutes prior to starting. <b>Run first 5 miles</b> then you can run/walk the following. Follow post workout below.
Friday	3	Warm-up 10 minutes prior to starting. <b>Run all 3 miles</b> then you can run/walk the following. Follow post workout below.
Saturday	0	Active rest-walk, bike, hike, swim. Follow post workout.
Sunday	2	Warm-up 10 minutes prior to starting. <b>Run 2 miles</b> then you can run/walk the following. Follow post workout below.

#### Monday, Wednesday, Saturday, Post Workout:

3 SETS: 25 push-ups, 40 crunch sit ups, 25 body weight squats, and 20 lunges, each leg.

#### Tuesday, Thursday, Sunday, Post Workout:

3 SETS: 5 minutes jump rope, 20 reverse lunges, 35 crunch sit ups .