



Quick Start Guide to Running: Plan #2

	Monday	Tues	Weds	Thurs	Fri	Sat	Sun
Week 1	Run 45 minutes at a steady, comfortable pace	Run 45 min, including 3-4 'speed bursts' of 30 seconds each, towards the middle of your run	rest	Run 45 min total. After a warm-up of 10 minutes at an easy pace (one at which you can carry on a conversation), run 10 min at a slightly faster pace. Run the remaining 25 minutes at an easy/ comfortable pace.	rest	Run 45-60 minutes at a steady, comfortable pace	rest
Week 2	Run 45 minutes at a steady, comfortable pace	Run 45 min, including 4-5 'speed bursts' of 30 seconds each	rest	Run 45 minutes total. After a warm-up of 10 minutes at an easy pace, run for 12 minutes at a slightly faster pace. Run the remaining 23 minutes at an easy/comfortable pace.	rest	Run 45-60 minutes at a steady, comfortable pace	rest
Week 3	Run 45 minutes at a steady, comfortable pace	Run 45 min, including 3-4 'speed bursts' of 45 seconds each	rest	Run 45 minutes total. After a warm-up of 10 minutes at an easy pace, run for 15 minutes at a slightly faster pace. Run the remaining 20 minutes at an easy/comfortable pace.	rest	Run 50-60 minutes at a steady, comfortable pace	rest
Week 4	Run 45 minutes at a steady, comfortable pace	Run 45 min, including 3-4 hill repeats, ideally 30 seconds in length	rest	Run 45 minutes total. 10 min at an easy pace, 10 min at a slightly faster pace, 5 minutes at an easy pace, then return to the slightly faster pace for 10 more minutes. Run the remaining 10 minutes at an easy/ comfortable pace.	rest	Run 50-60 minutes at a steady, comfortable pace	rest