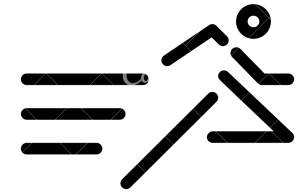


# 6 WEEK BEGINNER RUNNING PLAN



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest	Walk 30 min	30 min XT	Rest	Walk 30 min	30 min XT	Walk 40 min
2	Rest	Walk 30 min	30 min XT	Rest	Walk 30 min	30 min XT	Walk 50 min
3	Rest	4 min walk, 1 min run for 20 mins	30 min XT	Rest	4 min walk, 1 min run for 25 mins	30 min XT	4 min walk, 1 min run for 40 mins
4	Rest	3 min walk, 2 min run for 25 mins	30 min XT	Rest	3 min walk, 2 min run for 30 mins	30 min XT	3 min walk, 2 min run for 35 mins
5	Rest	2 min walk, 2 min run for 30 mins	30 min XT	Rest	2 min walk, 2 min run for 40 mins	30 min XT	2 min walk, 2 min run for 50 mins
6	Rest	2 min walk, 3 min run for 35 mins	30 min XT	Rest	2 min walk, 3 min run for 40 mins	30 min XT	2 min walk, 3 min run for 50 mins