

Schedule 1

A few things to bear in mind:

- Have a brisk 5 minute walk before you start to run in order to warm your muscles and prepared your joints.
- Allow at least a day between runs when you begin.
- If in doubt, slow down. You should be able to hold a conversation while you run.
- Walk purposefully, and be strict with your run/walk timings.
- Don't be afraid to repeat a week, or drop back a week. Everyone's different.
- Ensure you always stretch after to minimise stiffness and protect muscles.
- Take heart! You will get there!

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|----------------|---|--|---|--|---|--|
| Week 1 | Run 1-1-1-2-2-1-1-1 (2 min walk in between) | | Run 1-1-1-2-2-2-1-1-1 (2 min walk in between) | | Run 1-1-1-2-2-2-1-1-1 (2 min walk in between) | |
| Week 2 | 1-1-2-2-3-2-2-1 (2 min walk in between) | | 1-1-2-2-3-2-2-1 (2 min walk in between) | | 1-1-2-2-3-2-2-1 (2 min walk in between) | |
| Week 3 | 1-2-3-3-3-3-2 (2 min walk in between) | | 1-2-3-3-3-3-2 (2 min walk in between) | | 1-2-3-3-3-3-2 (2 min walk in between) | |
| Week 4 | 2-2-5-5-3-3 (90 secs walk in between) | | 2-2-5-5-3-3 (90 secs walk in between) | | 2-2-5-5-3-3 (90 secs walk in between) | |
| Week 5 | 2-5-5-8-3 (1 min walk in between) | | 2-5-5-8-3 (1 min walk in between) | | 2-5-5-8-3 (1 min walk in between) | |
| Week 6 | 2-3-10-3-3-1 (1 min walk in between) | | 2-3-10-3-3-1 (1 min walk in between) | | 2-3-10-3-3-1 (1 min walk in between) | |
| Week 7 | 4-12-8-4 (1 min walk in between) | | 4-12-8-4 (1 min walk in between) | | 4-12-8-4 (1 min walk in between) | |
| Week 8 | 3-14-10-3 (1 min walk in between) | | 3-14-10-3 (1 min walk in between) | | 3-14-10-3 (1 min walk in between) | |
| Week 9 | 2-16-10-2 (1 min walk in between) | | 2-16-10-2 (1 min walk in between) | | Run 20 mins, walk 1 min, run 10 mins | |
| Week 10 | Run 20 mins, walk 1 min, run 10 mins | | Run 20 mins, walk 1 min, run 10 mins | | Run 30 mins continuously. | |