

## Schedule 2

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!

<b>Week 1</b>	Run 1 min, walk 90 secs. Do 10 times.		Run 1 min, walk 90 secs. Do 10 times.		Run 1 min, walk 90 secs. Do 10 times.	
<b>Week 2</b>	Run 90 secs, walk 2 mins. Do 10 times.		Run 90 secs, walk 2 mins. Do 10 times.		Run 90 secs, walk 2 mins. Do 10 times.	
<b>Week 3</b>	Run 90 secs, walk 90 secs, run 3 mins, walk 3 mins. Do 3 times.		Run 90 secs, walk 90 secs, run 3 mins, walk 3 mins. Do 3 times.		Run 90 secs, walk 90 secs, run 3 mins, walk 3 mins. Do 3 times.	
<b>Week 4</b>	Run 3 mins, walk 90 secs. Run 5 mins, walk 2 ½ mins. Do 3 times.		Run 3 mins, walk 90 secs. Run 5 mins, walk 2 ½ mins. Do 3 times.		Run 3 mins, walk 90 secs. Run 5 mins, walk 2 ½ mins. Do 3 times.	
<b>Week 5</b>	Run 5 mins, walk 3 mins. Do 4 times		Run 5 mins, walk 3 mins. Do 4 times		Run 5 mins, walk 3 mins. Do 4 times	
<b>Week 6</b>	Run 8 mins, walk 3 mins. Do 3 times.		Run 8 mins, walk 3 mins. Do 3 times.		Run 8 mins, walk 3 mins. Do 3 times.	
<b>Week 7</b>	Run 10 mins, walk 2 mins. Do 3 times		Run 10 mins, walk 2 mins. Do 3 times		Run 10 mins, walk 2 mins. Do 3 times	
<b>Week 8</b>	Run 15 mins, walk 2 mins. Do 2 times.		Run 15 mins, walk 2 mins. Do 2 times.		Run 15 mins, walk 2 mins. Do 2 times.	
<b>Week 9</b>	Run 20 mins, walk 1 min. Run 10 mins		Run 20 mins, walk 1 min. Run 10 mins		Run 30 mins continuously.	