

## Schedule 4

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 1 min. Do 10 times		Run 1 min, walk 1 min. Do 10 times		Run 2 mins, walk 4 mins. Do 5 times	
<b>Week 2</b>	Run 2 mins, walk 4 mins. Do 5 times		Run 3 mins, walk 3 mins. Do 4 times		Run 3 mins, walk 3 mins. Do 4 times	
<b>Week 3</b>	Run 5 mins, walk 3 mins. Do 3 times		Run 7 mins, walk 2 mins. Do 3 times		8 mins, walk 2 mins. Do 3 times	
<b>Week 4</b>	Run 8 mins, walk 2 mins. Do 3 times		Run 8 mins, walk 2 mins. Do 3 times		10 mins, walk 2 mins. Do twice then run for 5 mins	
<b>Week 5</b>	Run 8 mins, walk 2 mins. Do 3 times		Run 9 mins, walk 1 min. Do 3 times		Run 12 mins, walk 2 mins. Do twice then run for 5 mins	
<b>Week 6</b>	Run 8 mins, walk 2 mins. Do 3 times		Run 15 mins, walk 1 min. Do twice		Run 8 mins, walk 2 mins. Do 3 times	
<b>Week 7</b>	Run 15 mins, walk 1 min. Do twice		Run 15 mins, walk 1 min. Do twice		Run 30 mins continuously.	