



Pre-Training Program: I'm not a runner (yet)!

www.teamworldvision.org

This program will help get new runners on their feet 8 weeks before official training starts. Jump in where you can...you don't need to start at week 1 if you feel comfortable at a later week.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	Run 1 min Walk 2 min Repeat 10x	30 min easy walk	Run 1 min Walk 2 min Repeat 10x	30 min easy walk	Run 1 min Walk 2 min Repeat 10x	Run 1, Walk 2 [Run 2 min Walk 2 min] Repeat 6x	Rest
2	Run 1, Walk 1 [Run 2 min Walk 2 min] Repeat 7x	30 min easy walk	Run 1, Walk 1 [Run 2 min Walk 2 min] Repeat 7x	30 min easy walk	Run 1, Walk 1 [Run 2 min Walk 2 min] Repeat 7x	Run 2 min Walk 1 min Repeat 10x	Rest
3	Walk 2 min [Run 3 min Walk 1 min] Repeat 7x	30 min easy walk	Walk 2 min [Run 3 min Walk 1 min] Repeat 7x	30 min easy walk	Walk 2 min [Run 3 min Walk 1 min] Repeat 7x	Run 3 min Walk 1 min Repeat 5x	Rest
4	Walk 2 min [Run 3 min Walk 1 min] Repeat 7x	30 min easy walk	Run 4 min Walk 1 min Repeat 6x	30 min easy walk	Run 4 min Walk 1 min Repeat 6x	Walk 4 min [Run 5 min Walk 1 min] Repeat 6x	Rest
5	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 5x	Run 5 min Walk 1 min Repeat 8x	Rest
6	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 5x	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 9x	Rest
7	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 5x	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Run 5 min Walk 1 min Repeat 10x	Rest
8	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	Walk 4 min [Run 5 min Walk 1 min] Repeat 6x	Run 5 min Walk 1 min Repeat 5x	30 min easy walk	5k test: Run 3.1 miles	Rest

NOTE: Consult your physician before beginning any exercise program.

*For the 5k test, run at an even pace throughout to help prepare you for the race.