

BEGINNER PLAN

NOTE: This program is created with the assumption that you can run 30 min without stopping.

Those who have run 30 min but are getting back into it can incorporate the run walk method

Run 1 mile/walk 1 min

CHANGING IT UP To make your plan a bit more exciting turn Thursday into a Fartlek workout and do some of the running drills (use link below) on Friday
Fartlek - incorporating 1 min surges, increasing your speed by 15-20 sec/mile every 7 minutes

HELPFUL HINTS

- *Take it one day at a time
- *Establish your workout routine and stick with it
- *Find a running buddy or group
- *Create an accountability partner
- *Get it done early

EXTRA CREDIT These activities have been shown to help with your training.

- *Incorporating rolling out bottom of feet with golf, tennis or lacrosse ball 5 min a day will really help

http://running.competitor.com/2015/06/injury-prevention/how-to-loosen-your-feet-with-a-golf-ball_129353

- *Including a short mobility routine before you head out doors

<http://blog.mapmyrun.com/6-hip-mobility-exercises-for-your-pre-run-warm-up/>

- *Complete these Bobby McGee running drills to build proper mechanics. I do these on easy run days or use as part of my warm up.

<https://www.youtube.com/watch?v=5ZKA2-Sb0Tk>

- *Complete Self-Myofascial Release to aid in recovery. Check out this great 30 min routine.

<http://www.popsugar.com/fitness/Foam-Rolling-Exercises-Runners-29493356#photo-29495525>