

PHASE #1: Starting out: “Making LACING UP a routine”

Phase #1 is called the “Aerobic Capacity Endurance Building Phase” (4 weeks)

This phase is the most critical phase of all. We are transforming you into a runner. We establish a consistent walk/run routine and experience how the body responds and transforms. We gain more fitness, leg response, lung capacity, and gain experience in running further. “Lacing up” is the start of each run day!

This phase is often the phase where many runners quit. Building a new routine and establishing a habit of doing something on a regular basis is hard. You can do this and we will be with you, every step of the way!

PHASE #1 (4 weeks):

WEEK #1:

PODCAST, EPISODE #1: “LACE UP & START”

DAY 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.

When you know what you like, stick with it!

Day 2: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 90 seconds and alternate with a brisk walk of 60 seconds for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.

Day 3: Cross Training for 20-30min. today

Examples are rowing, cycling, swimming, elliptical, stairs or a hike

- Day 4: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 90 seconds and alternate with a brisk walk of 60 seconds for 1 mile total (choose a 1-mile distance: A 1-mile loop or do ½ mile out, ½ mile back), finish with a 5min. brisk cool-down walk.
- Day 5: Rest Day (Relax!)
- Day 6: 1.5 Mile run/jog with as many breaks as you need; run/jog at your own relaxed pace for up to ½ mile, take a break (walk for 1min.), then repeat. (Can be broken into as many segments as needed! Breaks are okay!)
- Day 7: Rest Day (Relax!)