


Prepared by Coach Cindy Abrami, UESCA Certified Endurance Coach

Training Plan - Walk to Run Progression					8 Weeks				
Week	Week Starts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Long Run	Notes
1								<b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	
2		<b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	<b>30 Min (14 min run):</b> [5 min walk + 7 x 2 min E run/1 min W + 4 min W]	If you run today do: <b>30 Min (14 min run):</b> [5 min walk + 7 x 2 min E run/1 min W + 4 min W]	<b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	If you run today do: <b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	If you run today do: <b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	<b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	
3		If you run today do: <b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	<b>30 Min (14 min run):</b> [5 min walk + 7 x 2 min E run/1 min W + 4 min W]	If you run today do: <b>30 Min (14 min run):</b> [5 min walk + 7 x 2 min E run/1 min W + 4 min W]	<b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	If you run today do: <b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	If you run today do: <b>30 Min (10 min run):</b> [5 min walk + 10 x 1 min E run/1 min W + 5 min W]	<b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	
4		If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	<b>40 Min (21 min run):</b> [3 min E + 3 min W + 6 x 3 min E/2 min W + 4 min W]	If you run today do: <b>40 Min (21 min run):</b> [3 min E + 3 min W + 6 x 3 min E/2 min W + 4 min W]	<b>40 Min (23 min run):</b> [3 min E + 3 min W + 20 x 1 min E/30 sec W + 4 min W]	If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 20 x 1 min E/30 sec W + 4 min W]	If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	<b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	
5		If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	<b>40 Min (21 min run):</b> [3 min E + 3 min W + 6 x 3 min E/2 min W + 4 min W]	If you run today do: <b>40 Min (21 min run):</b> [3 min E + 3 min W + 6 x 3 min E/2 min W + 4 min W]	<b>40 Min (23 min run):</b> [3 min E + 3 min W + 20 x 1 min E/30 sec W + 4 min W]	If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 20 x 1 min E/30 sec W + 4 min W]	If you run today do: <b>40 Min (23 min run):</b> [3 min E + 3 min W + 10 x 2 min E/1 min W + 4 min W]	<b>45 Min (30 min run):</b> [5 min W + 20 min E + 5 min W + 10 min E + 5 min W]	
6		If you run today do: <b>45 Min (30 min run):</b> [5 min W + 20 min E + 5 min W + 10 min E + 5 min W]	<b>40 Min (32 min run):</b> [2 min W + 4 x 8 min E/1 min W + 2 min W]	If you run today do: <b>40 Min (32 min run):</b> [2 min W + 4 x 8 min E/1 min W + 2 min W]	<b>40 Min (30 min run):</b> [10 min E + 3 min W + 10 min E + 3 min W + 10 min E + 4 min W]	If you run today do: <b>40 Min (30 min run):</b> [10 min E + 3 min W + 10 min E + 3 min W + 10 min E + 4 min W]	30 Min W or jog	<b>45 Min (30 min run):</b> [5 min W + 20 min E + 5 min W + 10 min E + 5 min W]	Long run on course specific terrain
7		If you run today do: <b>45 Min (30 min run):</b> [5 min W + 20 min E + 5 min W + 10 min E + 5 min W]	<b>40 Min (32 min run):</b> [2 min W + 4 x 8 min E/1 min W + 2 min W]	If you run today do: <b>40 Min (32 min run):</b> [2 min W + 4 x 8 min E/1 min W + 2 min W]	<b>40 Min (30 min run):</b> [10 min E + 3 min W + 10 min E + 3 min W + 10 min E + 4 min W]	If you run today do: <b>40 Min (30 min run):</b> [10 min E + 3 min W + 10 min E + 3 min W + 10 min E + 4 min W]	30 min W or jog	<b>44 Min (36 min run):</b> [30 min E + 6 ST + 6 min E]	
8		If you run today do: <b>44 Min (36 min run):</b> [30 min E + 6 ST + 6 min E]	<b>43 Min (30 min run):</b> [10 min E + 5 ST + 10 min E + 5 ST + 10 min E]	If you run today do: <b>43 Min (30 min run):</b> [10 min E + 5 ST + 10 min E + 5 ST + 10 min E]	<b>44 Min (36 min run):</b> [30 min E + 6 ST + 6 min E]	If you run today do: <b>44 Min (36 min run):</b> [30 min E + 6 ST + 6 min E]	30 Min W or jog	<b>48 Min (40 min run):</b> [30 min E + 6 ST + 10 min E]	
<p><b>Note 1:</b> W - Walk; E = Easy Run (comfortable, easy breathing, conversational); ME = Moderately Easy (slightly uncomfortable); ST = Strides (20 sec quick, light run, not a sprint, take 30 sec between each to recover); L = Long Run (easy, steady pace); T = Threshold (comfortably hard pace), H = Hard pace, about what you could hold for a race that is 10-15 minutes long.</p>									
<p><b>Note 2:</b> Aim for 4 days of training per week, spread out across the week rather than lumped into consecutive days.</p>									
<p><b>Note 3:</b> If a workout begins with "If you run today" it is optional. You can either run, rest or cross-train.</p>									
<p><b>Note 4:</b> When time and distance is indicated, complete whichever you reach first.</p>									
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