



STARTER PLAN — THE MILLION REASONS RUN TRAINING PLAN

This is a plan intended for people with very little formal running experience who do not know where to begin to train for a 5km run. It is also good for people who have been off running for an extended period of time due to injury, pregnancy, or extended break. All the training can be done in 30 minutes a day, so this is great for the “time crunched” person.

WEEK ONE	DAY 1	2 min run 3 min walk x 6	Start with 2 min of easy jogging and 3 minutes of walking, 6 times for a total of 30 minutes of moving today.
	DAY 2	30 minute walk	Easy aerobic recovery. Hilly walking is good for building glute strength!
	DAY 3	2.5 min run 3 min walk x 6	Extend your running by 30 seconds and the whole workout will still take 30 minutes.
	DAY 4	30 minute walk	These are important to do—instead of walking, feel free to do other low intensity cross training such as cycling, swimming, elliptical or even yoga.
	DAY 5	3 min run 2.5 min walk x 6	We will repeat your run from Day 3 as we don't want to add too much running too quickly. It is important to give time for body to adapt to the new stress you are putting on it.
	DAY 6	30 minute walk	You can swap this for other low intensity aerobic work.
	DAY 7	OFF	You've earned it!
WEEK TWO	DAY 1	3 min run 2 min walk x 6	Today you will do 18 minutes total of running over 30 minutes! Awesome work!
	DAY 2	3.5 min run 1.5 min walk x 6	This is a bump up again and the rest time will start to decrease quickly now.
	DAY 3	30 minute walk	Active recovery day—be sure to move.
	DAY 4	3.5 min run 1.5 min walk x 6	Nice work—keep it up!
	DAY 5	4 min run 1 min walk x 6	You will spend the majority of your 30-minute session running today, but 4 minute chunks should keep it do-able.
	DAY 6	30 minute walk	You can swap this for other low intensity aerobic work.
	DAY 7	OFF	You've earned it!
WEEK THREE	DAY 1	4 min run 1 min walk x 6	How are you doing? We are halfway through the plan and on our way to a full 5 km! Keep rolling!
	DAY 2	4.5 min run 30 sec walk x 6	Be sure to watch your watch as 30 seconds will fly by!
	DAY 3	30 minute walk	Don't forget your recovery run.
	DAY 4	4.5 min run 30 sec walk x 6	Enjoy your rest break because your next run is continuous!
	DAY 5	20 minute run	Welcome to a sustained run without any breaks! 20 minutes today should end up taking you around 3 or so kilometers! If it feels too hard to sustain the whole time running, you can add a minute walk break into your run after every 5 or 6 minutes.
	DAY 6	30 minute walk	How do you feel today? Listen to your body and treat it well.
	DAY 7	OFF	You've earned it!
WEEK FOUR	DAY 1	20 minute run	Let's repeat your run from last week—now that you tried it once, would you pace it the same or differently?
	DAY 2	25 minute run	Today's run should bring your total run distance to between 3 and 4 kilometers—great work! Again, if needed, adapt by adding some short walk breaks when needed. Keep them active and short.
	DAY 3	OFF	Enjoy your day off after 2 days of running in a row.
	DAY 4	30 minute run	This run should be getting you closer to a full 5 km distance—think about your pace, and where you are going to run for your full 5 km distance later this week.
	DAY 5	30 minute walk	As in the past, an active recovery day is good for your body and legs (and mind!)
	DAY 6	2x10 min run 5 min walk OR 20 min run	This should be a super easy running day so feel free to break it up with a walk if needed.
	DAY 7	5km run!	Good luck and have fun on your full 5 km distance!

