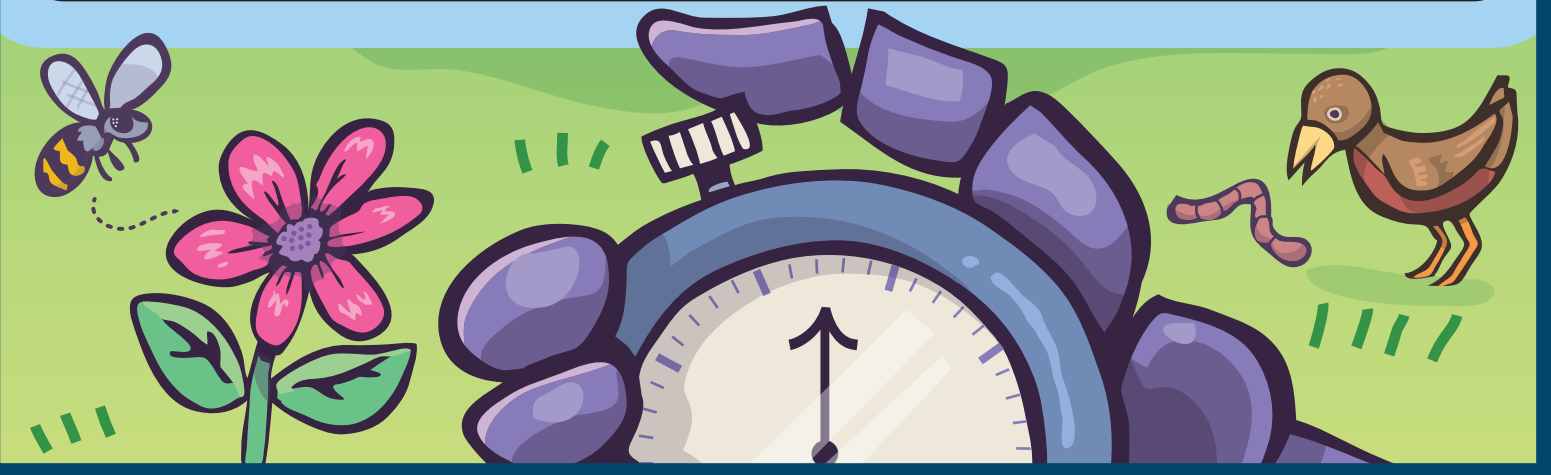




4-WEEK CHALLENGE

www.rseries.ca

RUNNER	WEEK 1:			WEEK 2:			WEEK 3:			WEEK 4:		
	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3	DAY 1	DAY 2	DAY 3





Athletics Alberta 4 Week Beginner Running Program

Stretch after each session

Week 1

Day 1: 8 minutes easy run

Day 2: 16 minutes of 1 min walk, 1 min run

Day 3: 8 min easy run, 4 x 50m easy sprints with a walk back

Week 2

Day 1: 10 min easy run

Day 2: 18 min of 1 min walk, 1 min run

Day 3: 10 min easy run, 4 x 50m easy sprints with a walk back

Week 3

Day 1: 12 min easy run

Day 2: 20 min of 1 min walk, 1 min run

Day 3: 12 min easy run, 4x80m easy sprints with a walk back

Week 4

Day 1: 15 min easy run

Day 2: 22 min of 1 min walk, 1 min run

Day 3: 15 min easy run, 4x80m easy sprints with a walk back

