

Jumpstarting Your Running Routine

day

Plan

1	10 minutes walking; 5 minutes jogging; Repeat 1x
2	10 minutes walking; 10 minutes jogging
3	2 minutes walking; 10 minutes jogging; repeat 1x
4	5 minutes walking; 10 minutes jogging; repeat 1x
5	2 minutes walking; 15 minutes jogging; 5 minutes walking
6	5 minutes walking; 20 minutes jogging; 5 minutes walking
7	2 minutes walking; 15 minutes jogging; repeat 1x
8	2 minutes walking; 8 minutes jogging; repeat 2x
9	2 minutes walking; 10 minutes jogging; repeat 1x
10	2 minutes walking; 12 minutes jogging; repeat 1x
11	1 minute walking; 10 minutes jogging; repeat 2x
12	1 minute walking; 15 minutes jogging; repeat 1x
13	5 minutes walking; 20 minutes jogging; 2 minutes walking
14	2 minutes walking; 25 minutes jogging; 2 minutes walking
15	Warm up for a few minutes; light jogging for 30 minutes
16	10 minutes jogging; 5 minutes running; Repeat 1x
17	10 minutes jogging; 10 minutes running
18	2 minutes jogging; running 10 minutes; repeat 1x
19	5 minutes jogging; 10 minutes running; repeat 1x
20	2 minutes jogging; 15 minutes running; 5 minutes jogging
21	5 minutes jogging; 20 minutes running; 5 minutes jogging
22	2 minutes jogging; 15 minutes running; repeat 1x
23	2 minutes jogging; 8 minutes running; repeat 2x
24	2 minutes jogging; 10 minutes running; repeat 1x
25	2 minutes jogging; 12 minutes running; repeat 1x
26	1 minute jogging; 10 minutes running repeat 2x
27	1 minute jogging; 15 minutes running; repeat 1x
28	5 minutes jogging; 20 minutes running; 2 minutes jogging
29	2 minutes jogging; 25 minutes running; 2 minutes jogging
30	Warm up for a few minutes; light running 30 minutes