

16-Week Training Plan



Follow our 16-week program which will pace your efforts by gradually improving your endurance.



16-Week Start Running Program

Daily Walks/Runs are in Minutes

	MON		TUES		WEDS		THURS		FRI		SAT		SUN	
WEEK	Walk	Run	Walk	Run	Walk	Run	Walk	Run	Walk	Run	Walk	Run	Walk	Run
1	20	10			20	10			20	10			20	10
2			19	11			19	11			19	11		
3	18	12			18	12			18	12			18	12
4			18	12			18	12			18	12		
5	16	14			16	14			16	14			16	14
6			16	14			16	14			16	14		
7	16	14			16	14			16	14			16	14
8			15	15			15	15			15	15		
9	15	15			15	15			15	15			15	15
10			14	16			14	16			14	16		
11	12	18			12	18			12	18			12	18
12			10	20			10	20			10	20		
13	8	22			8	22			8	22			8	22
14			4	26			4	26			4	26		
15	2	28			2	28			2	28			2	28
16			Run 30				Run 30				Run 30			



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