

4 WEEK WALK TO RUNNING PROGRAM

This is a 4 week program to help you run a mile without stopping

ARC x Propel Track Workout Dates:

09/21 10/05 10/19

WALK

Comfortable Leisurely Pace

WALK-RUN RATIO

Alternate walking & running for the duration of the run. (EX: 3:1 ratio alternates 3 minutes of walking with 1 mile of running)

MILE TRIAL

Test your progress and see how long it takes you to run a mile

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	20 Minute Walk	20 Minute Walk/Run 2:1	Rest Day	Rest Day	30 Minute Walk/Run 2:1	Rest Day	45 Minute Walk/Run 2:1
02	20 Minute Walk	20 Minute Walk/Run 1:1	Rest Day	Rest Day	30 Minute Walk/Run 1:1	Rest Day	45 Minute Walk/Run 1:1
03	20 Minute Walk	20 Minute Walk/Run 1:2	Rest Day	Rest Day	30 Minute Walk/Run 1:2	Rest Day	45 Minute Walk/Run 1:2
04	20 Minute Walk	20 Minute Walk/Run 1:3	Rest Day	Rest Day	30 Minute Walk/Run 1:3	Rest Day	Mile Trial

TIPS & REMINDERS

- + Make sure you fuel properly & eat a healthy, balanced diet to speed up your recovery time
- + Build your mileage and time on feet slowly; set stepping stones for yourself
- + Listen to your body
- + Seek professional advice if you're having pain during runs



Program created by ARC Captains:
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