## *prøpel* ATLANTARUNCLUB

# **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



18

Comfortable Leisurely Pace

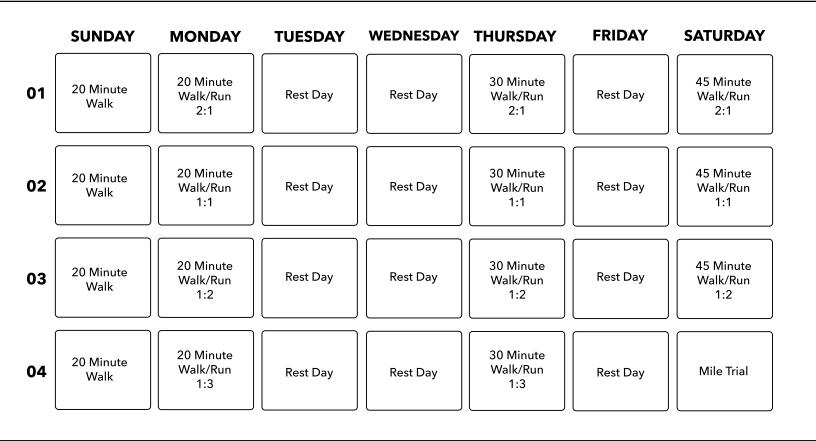
### WALK-RUN RATIO

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**

23

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



## 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

ARE

Program created by ARC Captains: Alex Keator, NSAM CPT Nancy Aburto, USATF Level 01