



Ragged Mountain Running Shop

Walk to Run...

How to safely go from zero to a lifestyle of running in 10 weeks!

One of the safest paths from a sedentary lifestyle to fitness is to start with walking before slowly working your way to a walk/run regimen, which ultimately leads to total running. Always make the first 10-15% of your workout the slowest, as this allows your body to properly warm up and mirror that with a slow cool down for the latter 10% of your total workout, as this affords your body proper recovery. The middle 75-80% of your workout, whether it's a walk or run, should always be at "conversational pace": If you can't talk comfortably while walking or running, then slow it down! Please feel free to stop by or give us a call at 293-3367 if you have any questions during your journey to fitness. Enjoy!

WEEK #1

M-walk for 6 minutes
W-walk for 8 minutes
Th-walk for 6 minutes
Sat.-walk for 10 minutes

WEEK #2

M-walk for 8 minutes
W-walk for 10 minutes
Th-walk for 8 minutes
Sat.-walk for 14 minutes

WEEK #3

M-10 min. of 2 min. walk/30 sec. run
W-12 min. of 2 min. walk/30 sec. run
Th-10 min. of 2 min. walk/30 sec. run
Sat.-16 min. of 2 min. walk/30 sec. run

WEEK #4

M-12 min. of 2 min. walk/1 min. run
W-16 min. of 2 min. walk/1 min. run
Th-12 min. of 2 min. walk/1 min. run
Sat.-20 min. of 3 min. walk/1 min. run

WEEK #5

M-15 min. of 2 min. walk/1 min. run
W-18 min. of 2 min. walk/1 min. run
Th-12 min. of 2 min. walk/1 min. run
Sat.-24 min. of 3 min. walk/1 min. run

WEEK #6

M- 18 min. of 1 min. walk/1 min. run
W-20 min. of 1 min. walk/1 min. run
Th-14 min. of 1 min. walk/1 min. run
Sat.-28 min. of 2 min. walk/1 min. run

WEEK #7

M- 20 min. of 1 min. walk/1 min. run
W- 22 min. of 1 min. walk/1 min. run
Th-16 min. of 1 min. walk/1 min. run
Sat.- 32 min. of 2 min. walk/1 min. run

WEEK #8

M- 22 min. of 1 min. walk/2 min. run
W-25 min. of 1 min. walk/3 min. run
Th-20 min. of 1 min. walk/2 min. run
Sat.-36 min. of 1 min. walk/2 min. run

WEEK #9

M-25 min. of 1 min. walk/2 min. run
W-28 min. of 1 min. walk/3 min. of run
Th-20 min. of 30 sec. walk/3 min. run
Sat.-40 min. of 1 min. walk/3 min. run

WEEK #10

M-25 min. of 30 sec. walk/3 min. run
W-30 min. of 30 sec. walk/3 min. run
Th-20 min. of easy running
Sat.-40 min. of 30 sec. walk/3 min. run