

# 4-WEEK RUNNING PLAN FOR BEGINNERS

Plus Easy Running Tips for Beginners



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**MON**

**WED  
WEEK 1**

**FRI**

Run for 1 min  
Walk for 2 min  
Repeat 10 times

Run for 1 min  
Walk for 2 min  
Repeat 10 times

Run for 1 min  
Walk for 2 min  
Repeat 10 times

**WEEK 2**

Run for 2 min  
Walk for 1 min  
Repeat 10 times

Run for 3 min  
Walk for 1 min  
Repeat 7 times

Run for 4 min  
Walk for 1 min  
Repeat 6 times

**WEEK 3**

Run for 5 min  
Walk for 1 min  
Repeat 5 times

Run for 5 min  
Walk for 1 min  
Repeat 5 times

Run for 6 min  
Walk for 1 min  
Repeat 4 times

**WEEK 4**

Run for 8 min  
Walk for 1 min  
Repeat 3 times

Run for 9 min  
Walk for 1 min  
Repeat 2 times

Run for 10 min  
Walk for 1 min  
Repeat 2 times

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# Beginners Guide To Running

**Robert R. Redfield**



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