

3 Weeks to a 30-Minute Running Habit

Week 1

Day 1

Start with a 5-10 minute warm-up walk. Run 1/1 x 10. (Run 1 minute, walk 1 minute, ten times, for a total of 20 minutes.) Finish up with a 5-10 minute cool-down walk. Remember to take it easy and don't worry about your pace at all.

Day 2

Start with a 5-10 minute warm-up walk. Run 1/1 x 10. (Run 1 minute, walk 1 minute, ten times, for a total of 20 minutes.) Finish with a 5-10 minute cool-down walk. This is the same workout you did yesterday, so you can definitely do it!

Day 3

Congratulations! You completed your first two runs and you've reached your first rest day. That's right, you're not running today. Give yourself a well-deserved break from exercise. Or, if you have the energy and the motivation, do some cross-training. Go for a hike, ride a bike, or take a yoga class. But whatever you do, make sure you take it easy. Rest days are important to give your running muscles a break and help prevent injury.

Day 4

Warm up with a 5-10 minute walk. Run 2/1 x5. Then, run 1/1 x5. (Run 2 minutes, walk 1 minute for 5 times for a total of 15 minutes. Keep running, but change to running 1 minute, walking 1 minute for another 5 more times. Your overall total time for the run, not counting your warm-up and cool-down is 25 minutes.) Cool down with a 5-10 minute walk. Don't worry if running two minutes at a time feels difficult. It will get easier! You just need to stick with it.

Day 5

Warm up with a 5-10 minute walk. Run 2/1 x5, then 1/1 x5, for a total of 25 minutes. Cool down with a 5-10 minute walk. If two minutes of running still feels difficult, try slowing your pace a little. Your breathing should not be out of control. If it is, you definitely need to slow it down.

Day 6

You've almost completed your first week of the program! And you've earned yourself another rest day. As with Day 3's rest, it's your choice whether you take the day off or do some easy cross-training. But whatever you do, feel proud and enjoy yourself!

Day 7

Warm up. Run 2/1 x6. Cool down.

Week 2

Day 8

Warm up. Run 3/1 x4, 1/1 x4. (Run 3 minutes, walk 1 minute 4 times, then run 1 minute, walk 1 minute 4 times. This run should take you 24 minutes.) Cool down.

Day 9

Run 2/1 x 6 for a total of 18 minutes. Don't forget your 5-10 minute walks for your warm-up and cool-down!

Day 10

2/1 x8. Don't forget the warm-up and cool-down.

Day 11

You're halfway through! Congrats! Today is another rest day. Feel free to take the day off completely or to cross train. Work on staying hydrated and relaxed. You're doing great!

Day 12

3/1 x5 for a total of 20 minutes. You can do this! You've come a long way already. Keep up the good work!

Day 13

Warm up. 3/1 x5 for a total of 20 minutes. Cool down. Pat yourself on the back for making it this far.

Day 14

You're doing great, so I'm going to give you another rest day. (Don't worry, you'll run again tomorrow.) Instead of taking the day off completely, go for a relaxing walk. Don't treat it like exercise. Take the chance to slow down and just focus on breathing and moving. You deserve it!

Week 3

Day 15

4/1 x4, for a total of 20 minutes. Don't forget to warm up and cool down. You're going to do great! Remember to relax and feel confident in yourself. Every day, you're getting more fit and more experienced as a runner!

Day 16

Warm up. Run 2/1 x8. Cool down. Don't forget to smile while you run. With every step, you're moving toward a new healthy habit!

Day 17

5/1 x4. Don't be scared of it. You only have to repeat four times. You can do this!

Day 18

Guess what? It's a rest day! You've definitely earned it. Take a good true rest day today and reflect on how much you've accomplished already. Don't be tempted to cross-train this time. You're almost done, and you probably could use a break - both mentally and physically.

Day 19

4/1 x6. Don't forget that warm-up and cool-down.

Day 20

2/1 x5, a measly 15 minutes. Don't forget your warm-up and cool-down. If you want to do some more, enjoy a nice, slow walk after your run. Take it easy today though.

Day 21

5/1 x5, a total of 30 minutes. You know the drill now: warm up, cool down.

Summary

	Week 1	Week 2	Week 3
Monday	1/1 × 10	3/1 × 4 1/1 × 4	4/1 × 4
Tuesday	1/1 × 10	2/1 × 6	2/1 × 8
Wednesday	Rest/Cross	2/1 × 8	5/1 × 4
Thursday	2/1 × 5 1/1 × 5	Rest/Cross	Rest
Friday	2/1 × 5 1/1 × 5	3/1 × 5	4/1 × 6
Saturday	Rest/Cross	3/1 × 5	2/1 × 5
Sunday	2/1 × 6	Rest/Walk	5/1 × 5

Source

<http://running.about.com/c/ec/10.htm>