

# 2 Week Walk-to-Run Routine for the Absolute Beginner

1  Total: 28 min Walk: 15 min Run: 3 min Walk: 10 min	2  Total: 30 min Walk: 10 min Run: 5 min Walk: 2 min Run: 3 min Walk: 10 min	3  Total: 30 min Walk: 8 min Run: 5 min Walk: 3 min Run: 5 min Walk: 9 min	4  Total: 30 min Walk: 30 min OR cross train	5  Total: 30 min Walk: 8 min Run: 5 min Walk: 2 min Run: 7 min Walk: 8 min	6  Total: 30 min Walk: 5 min Run: 7 min Walk: 3 min Run: 7 min Walk: 8 min	7  Total: 30 min Walk: 8 min Run: 5 min Walk: 2 min Run: 7 min Walk: 8 min
8  Total: 30 min Walk: 30 min OR cross train	9  Total: 30 min Walk: 5 min Run: 8 min Walk: 4 min Run: 8 min Walk: 5 min	10  Total: 30 min Walk: 5 min Run: 9 min Walk: 2 min Run: 9 min Walk: 5 min	11  Total: 30 min Walk: 30 min OR cross train	12  Total: 32min Walk: 5 min Run: 10 min Walk: 2 min Run: 10 min Walk: 5 min	13  Total: 30 min Walk: 30 min OR cross train	14  Total: 30 min Walk: 5 min Run: 20 min Walk: 5

## ***Some things to note...***

- Stretch at the end of each workout for about 5 minutes.
- If this training load is too intense, back off by cutting down the minutes where needed.
- It is okay if you need to rest for a day. Just pick up where you left off.

# Disclaimer

These statements have not been evaluated by the Food and Drug Administration. Always consult your physician prior to starting a new exercise regime. This resource is not intended to diagnose, treat, cure, or prevent any health problem. Nor is it intended to replace the advice of a physician. Functionally Fit, Ltd. will not assume any liability for any direct or indirect losses or damages that may result including, but not limited to, economic loss, injury, illness, or death.

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