

# Week 1

The first two weeks of this program are to **introduce you and your body to something new**. Remember, even if you are in shape, running is different than what you may have done in the past. If the first two weeks seem too easy, please try and stay with me. This is a very important part of the program and I need to make sure you build the foundation required to take you beyond and into Weeks 3 and 4. Remember, it is not about speed, it is about getting your body used to running and sustained exercise. Don't forget to do at least five minutes of walking to warm down and then have a good stretch.

**Watch Outs:** If you cannot breath, you cannot operate. You need to be able to have a somewhat normal conversation while running. If you are gasping or talking in broken sentences...your pace is too high. There is a time and place for this intensity but it is not right now.

## The Workout

Pick three days that work for you. I suggest Sunday - Tuesday - Thursday. Take Friday and Saturday as off days. Starting off, you'll be running for time and not distance. Ignore your urge to keep running or go further! The beginning is about preparing yourself to run, repetition is your friend. Keep it simple, later on, workouts will start to vary.

**Day 1)** Walk 3 Mins - Light run 1 Mins. Pace of walk should be brisk and quick, Pace of run should be slow jog. You must be able to talk or sing a song to yourself. no gasping. **Repeat 5 times or to a maximum of 20 mins**

**Day 2)** Walk 3 Mins - Light run 1 Mins. Pace of walk should be brisk and quick, Pace of run should be slow jog. You must be able to talk or sing a song to yourself. no gasping. **Repeat 5 times or to a maximum of 20 mins**

**Day 3)** Walk 3 Mins - Light run 1 Mins. Pace of walk should be brisk and quick, Pace of run should be slow jog. You must be able to talk or sing a song to yourself. no gasping. **Repeat 6 times.**