






















# Health-calc running program for beginners

Week 1-8














Your name: \_\_\_\_\_

Health-calc 		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>1.5 miles</b>	 Time: ____			 Time: ____			
<b>Week 2</b>	Walk 2 minutes - run 2 minutes	 Time: ____			 Time: ____			
<b>Week 3</b>	<b>2.0 miles</b>	 Time: ____			 Time: ____			
<b>Week 4</b>	Walk 1 minute - Run 2 minutes	 Time: ____			 Time: ____		 Time: ____	
<b>Week 5</b>	<b>2.5 miles</b>	 Time: ____			 Time: ____			
<b>Week 6</b>	Run most of the way and take as few 1-minute breaks as possible.	 Time: ____			 Time: ____		 Time: ____	
<b>Week 7</b>	<b>2.5 miles</b>	 Time: ____			 Time: ____		 Time: ____	
<b>Week 8</b>	Run most of the way and take as few 30-seconds breaks as possible.	 Time: ____			 Time: ____		 Time: ____	

# Health-calc running program for beginners

Week 9-16

Your name: \_\_\_\_\_

	Current run	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b>  <b>Week 10</b>	<b>3 miles</b> Run most of the way and take as few 30-seconds breaks as possible.	 Time: ____			 Time: ____		 Time: ____	
<b>Week 11</b>  <b>Week 12</b>	<b>3 miles</b> Run all the way if you can	 Time: ____			 Time: ____		 Time: ____	
<b>Week 13</b>  <b>Week 14</b>	<b>3.5 miles</b> Run all the way if you can	 Time: ____			 Time: ____		 Time: ____	
<b>Week 15</b>  <b>Week 16</b>	<b>4 miles</b> Run all the way if you can	 Time: ____			 Time: ____		 Time: ____	