Health-calc running program for beginners Week 1-8

Your name:	
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Health-eale	Current run	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Week	1.5 miles Walk 2 minutes -	F Time:			* Time:			
2	run 2 minutes	Time:			1 Time:			
Week 3	2.0 miles	Time:			大 Time:			
Week 4	Walk 1 minute - Run 2 minutes	F Time:			/ Time:		/ Time:	
Week 5	2.5 miles Run most of the	A Time:			/ Time:			
Week 6	way and take as few 1-minute breaks as possible.	Time:			大 Time:		/ Time:	
Week 7	2.5 miles Run most of the	Time:			大 Time:		Time:	
Week 8	way and take as few 30-seconds breaks as possible.	F Time:			/ Time:		/ Time:	

Health-calc running program for beginners Week 9-16

Your	name:		
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Health-calc	Current run	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	3 miles Run most of the	Time:			大 Time:		** Time:	
Week 10	way and take as few 30-seconds breaks as possible.	/ Time:			/ Time:		A Time:	
Week 11	3 miles	1 Time:			/ Time:		A Time:	
Week 12	Run all the way if you can	/ Time:			片 Time:		A Time:	
Week 13	3.5 miles Run all the way if you can	Time:			大 Time:		片 Time:	
Week 14		/ Time:			* Time:		** Time:	
Week 15	4 miles Run all the way if you can	/ Time:			/ Time:		A Time:	
Week 16		F Time:			A Time:		A Time:	